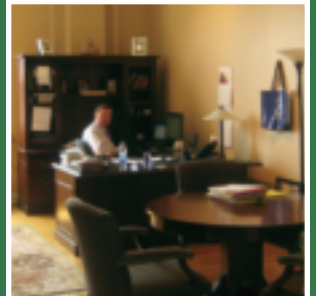
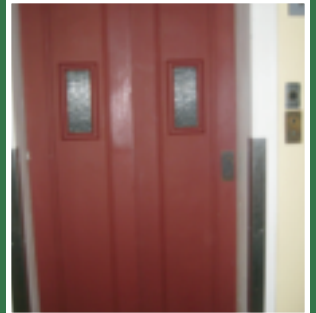
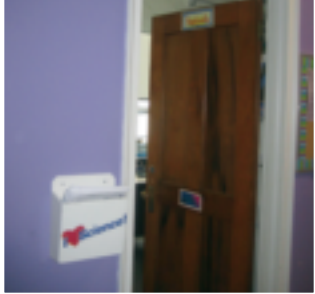
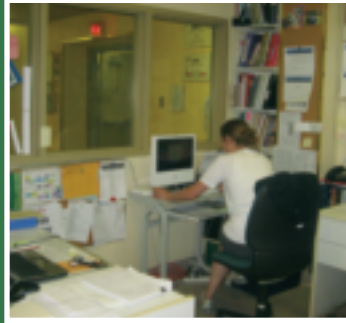


GRADS OF 2010

The Sacred Heart School of Montreal



*3635 Atwater Avenue
Montreal, Quebec
H3H 1Y4*

Head of School's Message



I am honored to have this opportunity of writing a few words for the graduating class of 2010. I thank you for welcoming me so warmly and for being so supportive of me as I learned to navigate my way through my first year at Sacred Heart. I am extremely grateful for having had the privilege of working with you, even if only for a year.

Your graduation is the culmination of twelve years of hard work and dedication. You are now ready to venture forward and meet the challenges of your next level of education.

You are a diversified group of learners with an impressive array of talent: academics, actors, artists, athletes, debaters, musicians and leaders. You have not only contributed enthusiastically to the life of the school for the past five years, but this year you took the initiative in implementing such student-led activities as Movie Day at the AMC, the Cabane à Sucre, and the Prefects' BBQ.

Collectively, you are one of the most philanthropic classes I've ever known. During the past five years, you have participated energetically in a host of community service and fundraising activities such as the Christmas Bazaar, Christmas Baskets, Denim Day for Uganda, Girls for the Cure, Spare Change Tuesday and the Youth Philanthropy Initiative. Your immediate and decisive response to the disaster in Haiti proved again how loving and caring you are as a group.

I am convinced that the greatest indicator of success for any student is the partnership between home and school. This year, I have witnessed time and time again individual teachers and administrators going well beyond the call of duty to support and encourage students in their learning to ensure that no student falls through the cracks. I have also witnessed nurturing staff caring for sick students. I have communicated with engaged parents on a variety of issues and found our parents to be involved and well-informed. Only when parents and staff work together, in the true spirit of cooperation, can we ensure that a child reaches her full potential. I believe that spirit not only exists at Sacred Heart, but thrives here.

Girls, you are blessed with wonderful parents who have worked tirelessly to help make your experience at Sacred Heart such a memorable one. I want to thank them for their support. I also want to thank all your teachers for their dedication and hard work. They have done an excellent job preparing you for post-secondary education, and only next year will you truly begin to appreciate just how well prepared you are. I also want to thank them personally for their kind support and for welcoming me on their team.

I wish you great success in all your future endeavors, and I thank you for the good times we have shared! And please remember to continue to live and promote the Sacred Heart values of having an active faith in God, respect for intellectual values and for others, and a deep sense of community and social justice.

On a final note, I want to congratulate and thank the dedicated Yearbook team of Ms. Michelle Lessey and Pauline Belliveau, who have put in hundreds of hours collecting, sorting, writing, editing, and photographing to produce this fine journal. Ms. Lessey and Pauline have taken great pains to showcase the entire student population and our many educational, spiritual, cultural, and social activities. They have created a wonderfully colorful and packed collector's edition of student life at our school. On behalf of the entire Sacred Heart community, I offer them a heartfelt "thank you" for a job well done!!!

Shawn O'Donnell
Head of School



Over the past five years you have nurtured and supported each other through times of joy and sadness, self-confidence and self-doubt. You have warmed our hearts and tickled our funny-bones. You have impressed us with your many talents, your numerous acts of kindness, and your resilience in the face of adversity. You leave us with a store of wonderful memories - who can forget Radio City Music Hall or that boisterous Christmas sing-along, complete with flashing reindeer antlers, on the bus ride from New York in mid-November?

You leave Sacred Heart well-prepared for the wealth of opportunity that awaits you. Put your talents and energy to good use, find time to reflect, and make choices that inspire you to do and be your best. Wherever you go, whatever you do, choose your path with care, and pursue it with love and integrity.

Jean Filipovich

Assistant Head of School

Martin Luther King once said, "Science investigates, religion interprets. Science gives humanity knowledge which is power. Religion gives humanity wisdom which is control." Your Sacred Heart education has been a five-year journey of learning how to balance investigation and interpretation. Along the way you have had excellent academic instruction, memorable retreats, and exciting trips. I will never forget our New York experience. You came to this school as little girls but now you are all grown-up and ready to step outside the walls of City House to begin a new and exciting journey. Always remember that the world needs your intelligence, your talents and your goodness. I wish you success in all your endeavors and a future wrapped in happiness and laughter.

Joanne Mastro

Dean of Students



To the graduates of 2010,

Your Sacred Heart schooling may be over, but remember that your education still continues as you enter the next phase of your wonderful journey.

Your parents and teachers have prepared you well for life's challenges. Don't be restricted by life's limitations go out there and do something remarkable. Think out of the box. Congratulations to the class of 2010 and good luck.

Paul Magallanes

Director of Finance and Facilities

This year, 2010, marked a milestone not only in your lives but also in ours. The Olympics touched us directly when we watched two Sacred Heart sisters carry the torches. Also, when we visited with an Olympic athlete and the UN Ambassador on our first ever Grad trip to NY. All of you have won the race, and all are champions. And I LOVED every minute of sharing this past year with each of you -- just as much as you all LOVED NEW YORK!!!

Colleen Bronson

Director of Advancement and Alumnae Affairs



Faculty and Staff



Solenne Abaziou



Lisa Arella



Julian Beauvais



Nathalie Belfort



Tino Bordonaro



Iveth Bosmediano



Amanda Cardillo



Christiane
de Sainte Marie



Nina Di Palma



Eva Erfle



John Filipe



José Filipe



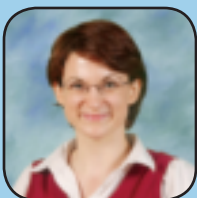
Angelo Gallo



Mary Gendron



Yvon Guilbault



Miriam Hartropp



Peter Judson



Fran Lakatos



Marty Laperle



Marie Elaine Laquerre



Danielle Lecuyer



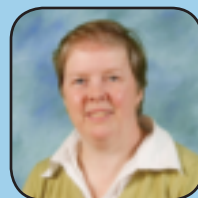
Michelle Lessey



Joseph Lukaitis



Joan MacLellan



Roxanne Martel



Randolph Matusky



Gisela McIvor



Louise Morrisseau



Zeina Mouzannar



Martin Pagé

We are the knowledge



Hélène Pagette



Maureen Pennell



Patricia Potter



Antoinette Raco



David Reda



Laïla Sallak



Heather Seeger



Gediminas
Snapkauskas



Marie-Josée Talbot



Draicchio Tommaso



Mia Valerianos



Eric Van der Wee



Rosemary Vaupshas



Peter Ward



Pak-Kei Wong



Wei Yin

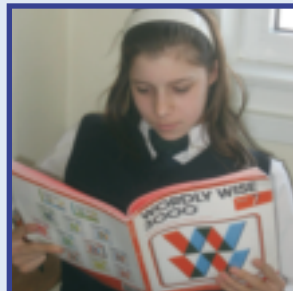


The Lunch Club





ACADEMICS ● ● ● ●

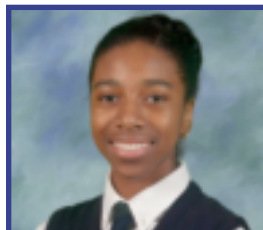


Faculty Scholars

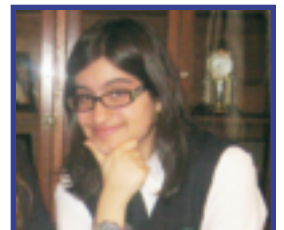


Andrea Abreu-Moore, Maya Botti, Sarah Botting-Provost, Elizabeth Bureau, Caroline Chamandy, Katherine Chamandy, Morgana Clarke, Claudia Di Salvatore, Nadia Floriani, Hannah Hyde De Souza, Alexina McLeod, Sarah Murphy, Chelsea Thompson Quartz

Public Speaking Winners



Katricia Durham --3rd place
QAIS Intermediate Public
Speaking Competition



Nadia Floriani-- 2nd place
Rotary Club Public Speaking
Competition
Scholarship Winner

CANDIDS

Faculty and staff at Sacred work hard every day, but always find a little time for play...



Essay Competition Winners



Cynthia Snell -- 1st place
Commonwealth Essay
Competition (Senior)



Katherine Chamandy- 2nd
place QAIS Essay
Competition (Intermediate)



Kelly Burchell-Reyes--3rd
place Commonwealth Essay
Competition (Junior)

Commonwealth
Essay Competition --
Commended & Highly
Commended

Claudia Di Salvatore
Rachel Levesque
Rebecca McPherson
Chelsea-Ann Russo
Abigail Trevino

History 100%

Caitlin Kilmartin

Youth Philanthropy Initiative



Charity: Auberge Madelaine
Elizabeth Bureau, Nadia
Floriani, Pascale Nyugen,
Christina Caccese.



Charity: Dr. Clown
Leeza Girolami, Laura Delu-
cilla, Stéphanie Rafie, Aline
Asfour.

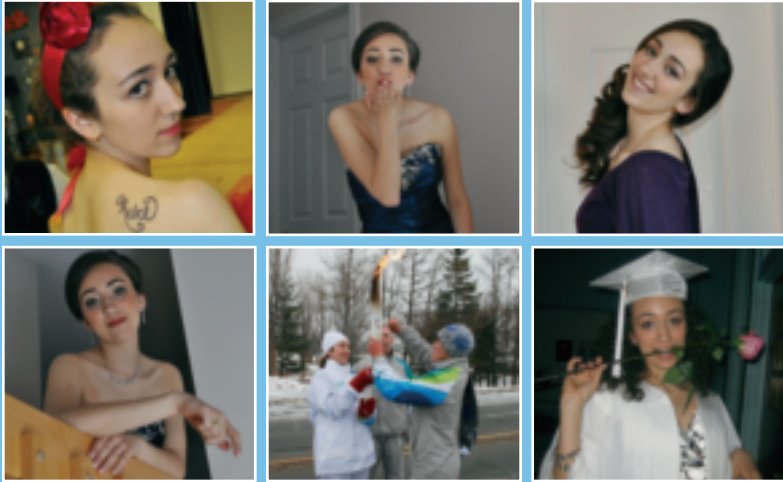


Charity: Saint Columba House
Sarah Yaremko, Cassidy
Burke, Amanda Hindley,
Kristen Di Perno.



Charity: Head and Hands
Emily Pimentel, Bernice Law,
Eudice Law, Teresa Griffin.

Editor-in-Chief's Corner

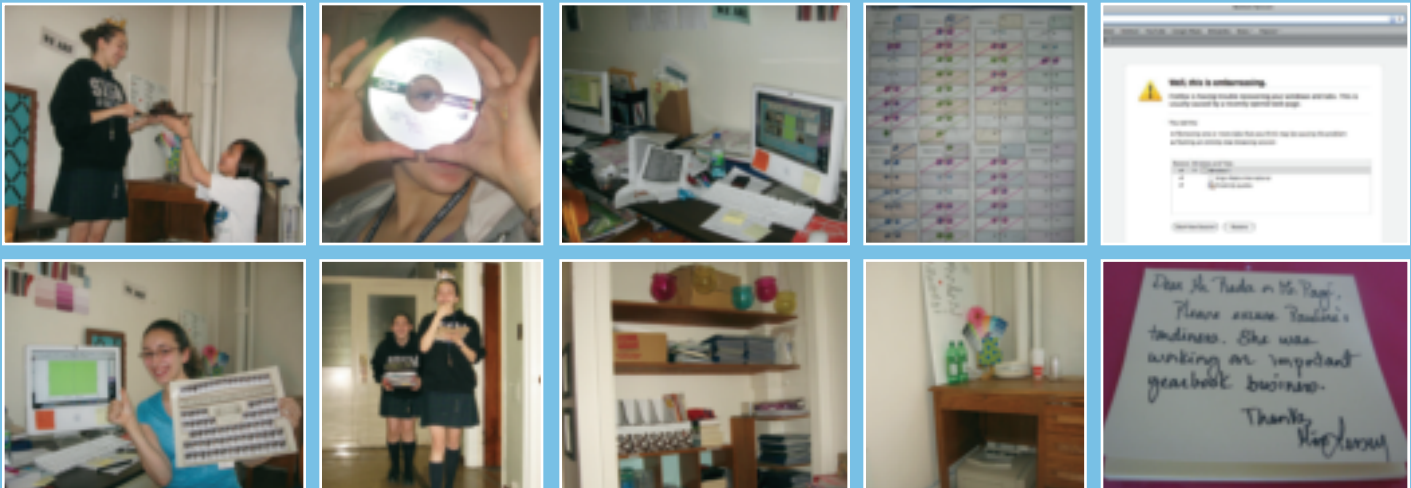


What a crazy year! There was always something to do, a deadline to meet, or some pictures to take! Chasing people down was entertaining and almost impossible at times, but in the end everything worked out. After countless number of hours, even on days when almost no one else was in the building, the Memory Book is complete and better than ever! This would not have been possible without our editors and of course, Ms Lessey. What can I tell you about Ms Lessey? She is an AMAZING advisor and I would not have been able to make it through this year without her. Even though at times I didn't make sense, or we didn't understand each other, she kept me focused and on top of all the important yearbook business we had to do. Thank you to everyone for making this an amazing year and good luck in the years to come!

*Love,
Pauline*

"No great thing is created suddenly."
-Epictetus

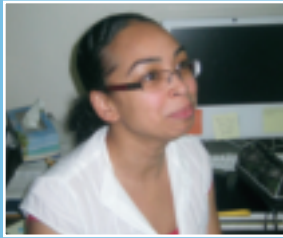
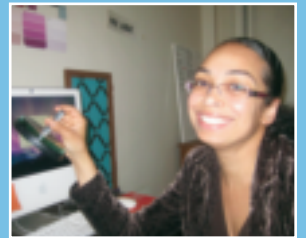
WELCOME TO THE MEMORY BOOK ROOM!



Things overheard in the Memory Book room:

- ✦ "Let's count the pages for this deadline. 1, 2, 3, 4, 5, 6, 7 ... uh ... 1, 2, 3, 4, 5 ... Let's try this again! 1, 2, 3 ..." - ML
- ✦ "This man's going to think I'm wacko." - ML
"But it is Wacky Tuesday!" - PB
- ✦ "We mustn't anger the computers.
Caress Mac We Love You!" - PB
- ✦ "How is the yearbook coming along?"
"Haha"-PB "That well huh?"
- ✦ "I had a feeling you might need (insert name of food here *whippets*)." -ML
- ✦ "It's a yearbook miracle."-ML

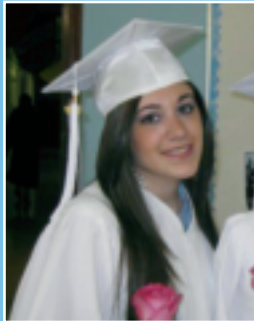
Our Advisor



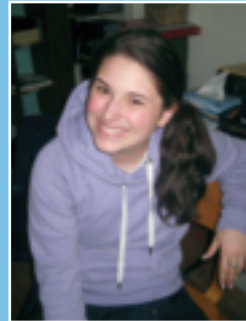
"Nothing spurs creativity more than a deadline."
- Mary E. Whitehill



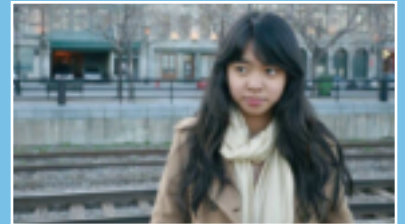
Julia and Maria
Clubs Editors



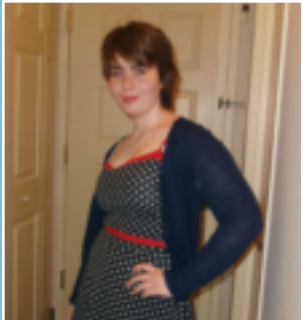
Natasha and Natasha (N²)
Secondary V Editors



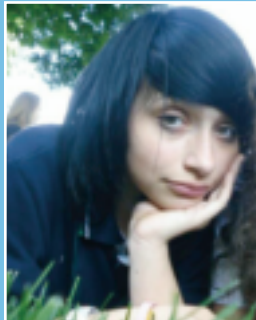
Our Editors



Gabrielle
Secondary IV Editor



Katherine
Secondary III Editor



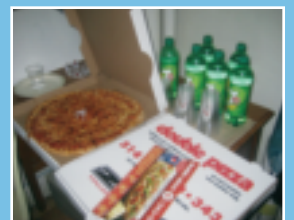
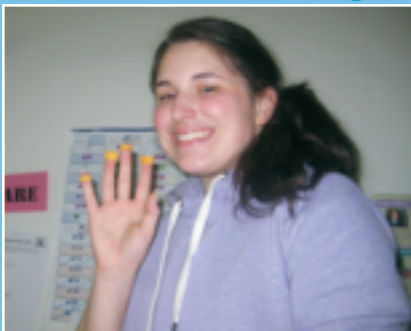
Maya and Sarah
Secondary II Editors

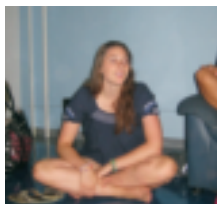
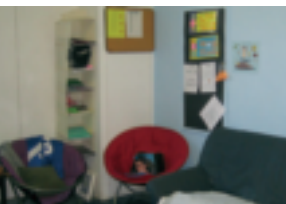
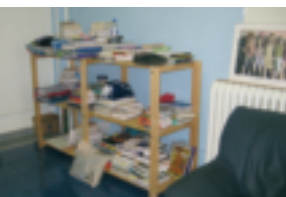
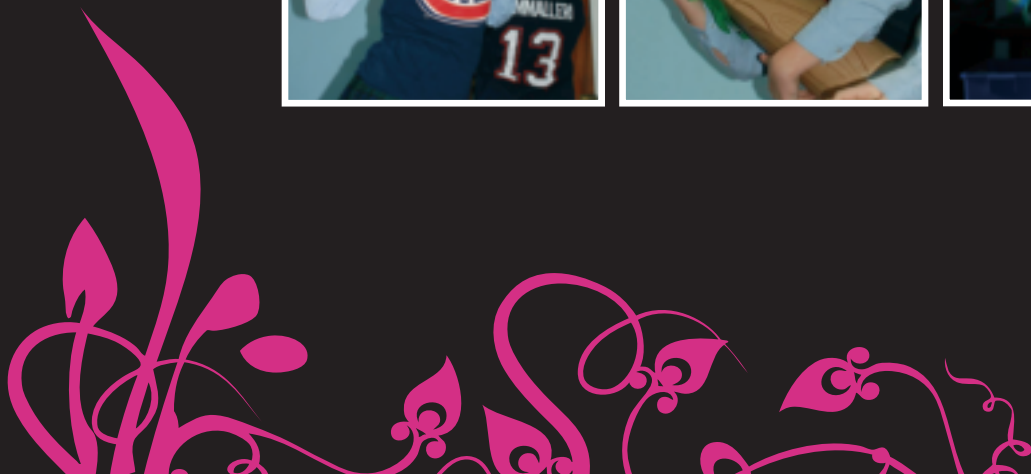
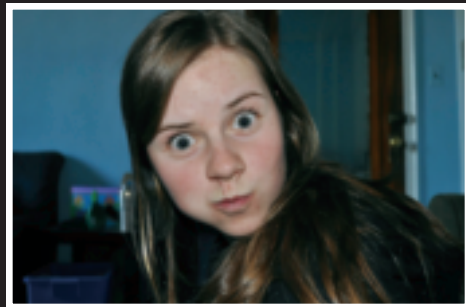
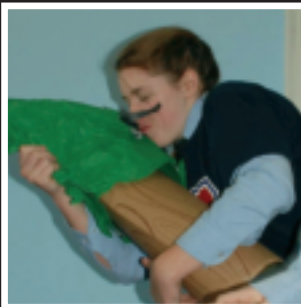


Pascale
Student Life Editor



Staff Party!

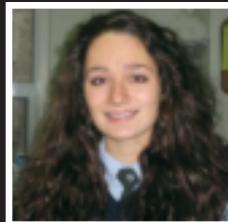
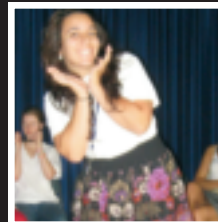




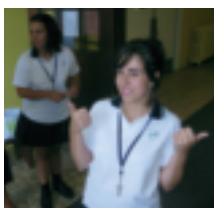
Prefects 2010

We Are the Leaders





“P.I.D. PREFECTS IN DISGUISE”



BARAT



House Head: Jessica Sicoli
Mascot: Morty the Bear
Co-Captains: Lisa Alinauskas & Lauren Goforth
G.A.A. Representatives: Amanda Marino,
 Kayleigh Metcalfe & Amanda Hindley

DIGBY



House Head: Cassandra Kouremenos
Mascot: Leo the Lion
Co-Captains: Eleni Panaritis & Leeza Girolami
G.A.A. Representatives: Laura Delucilla & Sarah Turcotte



DUCHESNE



House Head: Melissa Spatolisano
Mascot: Rose the Ladybug
Co-Captains: Jessica Colavincenzo & Christine Horonowitsch
G.A.A. Representatives: Liana Beyukian & Stephania Trocchia

DUROUSIER



House Head: Sarah Benoit
Mascot: Honey the Bee
Co-Captains: Stephanie Covello & Natasha LaRosa
G.A.A. Representatives: Aline Asfour, Victoria Mili & Kylie Sura

HARDY



House Head: Cynthia Snell
Mascot: Henrietta the Monkey
Co-Captains: Chelsea-Ann Russo & Kristen Di Perno
G.A.A. Representatives: Kathleen Brown-Vandercruys, Agelina Smolynec & Sarah Murphy

SHIELDON



House Head: Morgana Clarke
Mascot: Mr. Green Jeans the Turtle
Co-Captains: Jessica Munro & Nadia Floriani
G.A.A. Representatives: Meagan Coleman & Hannah Ryan

STUART



House Head: Gina Tsotas
Mascot: Dylan the Dolphin
Co-Captains: Kathleen Dicaprio & Adrianne Silva
G.A.A. Representatives: Teresa Griffin,
 Victoria Perrotta & Claudia Salvo



TRINCANO



House Head: Joanna Santos
Mascot: Casie the Cow
Co-Captains: Natasha Vitale & Claire Messenger
G.A.A. Representatives: Melanie Sivapalan,
 Elena Kratsios & Claudia Di Salvatore



SPORTS DAY

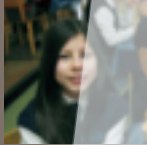


1st Place:
BARAT

2nd Place:
HARDEY

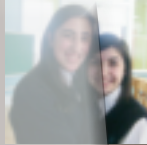
3rd Place: **DIGBY**
DUCHESNE

Spirit Award:
DUCHESNE



We Are the
new beginning.
We might be
small, but we
have big hearts.

Grads of
2014



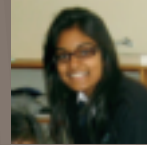
We Are
adventurous.
Our hearts lead
us on our way
to new places.

Grads of
2013



We Are the
best of both
worlds. Our
location may
be changing,
but our hearts
will forever be
in Study Hall.

Grads of
2012



We Are
intense. Our
enthusiasm
and heart are
apparent in
everything
we do.

Grads of
2011

e Are

going to make a difference.



Jasmina Alka
 Iohserenha:wi Bova
 Kelly Burchell-Reyes
 Sabrina Correia
 Avery Diabo
 Serena English



Cassandra Estefanos
 Meagan Fett
 Allyson Fontes
 Lisa Giaccari
 Giovanna Giordano
 Karen Golfi



Angelina Griffin
 Sheridan Harel
 Brandi Jacobs
 Caroline Jeanson



Secondary I





Sophia Koper
Dana Malowany
Claudia Massarelli
Rebecca McPherson
Marissa Mezzaluna
Tatiana Mikus

Laura Raco
Jessica Rouillier
Sabrina
Sharifi-Alamdary
Julia Skothos
Abigail Trevino
Rachelle Valentim

Katrina Vecera
Michelle Wu
Katya Zappitelli

We Are the New Beginning Class of 2014





Secondary

Victoria Alescio
Sarah Atallah
Kaia'tiio Barnes
Lauren Beauchamp
Claudia Belliveau
Olivia Bouskill



Alice Brais
Adèle Brawley
Kayla Cabanas
Aysha Carriero
Gabiella Caruso
Caroline Chamandy



Karina Ciricillo
Valeria
Cori-Manocchio
Catherine D'Ambrosio
Stephanie D'Arienzo
Jessica Delucilla
Dominique DiCaprio



Emily Dikranian
Gabiella D'Onofrio
Katherine Drummond



Karyah-Kassandra
Foster
Alexandra Gentile
Lisa-Marie Giorgio



Leona Glaudemans
Lauren Griffin
Sarah Harris-Gendron
Maris Jacobs
Pamela Khouri
Georgia Kyres



"Friendship... is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything."-Muhammad Ali



Jessica Laurendeau
Charlotte Le Fèvre
Vivian Luong
Amanda Marino
Kimberley
Marks-Beaubrun
Sofia Massari



Adrianna Mauchan
Kelly McCullogh
Catherine McDonald
Julia Messina
Kayleigh Metcalfe
Claudia Naccache



Esmé Panarello
Maria Papadopoulos
Alicia Pinck



Adriana Poloni
Sara Pulice
Brigid Roberts



Rachel Rubbo
Stefany Sacchetti
Monica Sapala
Athanasia Saviolidis
Larissa Serafin
Sara Tagliamonti



Maya Taylor-Barnett
Aphrodite Vassiliou
Norah Woodcock
Myriam Zakaib

We Are Adventurous

FEBRUARY

S M T W T F S

			DASHA Friday!!!!		06 No School Monday!
			11 Carnival Weekend!!!		
14 St. Valentine's Day		16 CNML Math Competition			19 Robotics
	22 Cabane à Sucre		25 Reading Week		
28 When will I get the right answer? Aaaah!					I love the food here!
	Studying History!!!				

This Agenda Belongs to:

Sec II Cands

MARCH

S

M

T

W

T

F

S



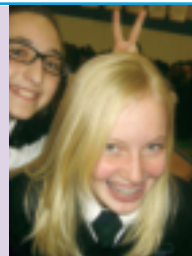
01

02

Spring
Break



05



10



13

Movie
7 p.m.



Chilling
before
class.

18

Religion
Test



21



23

French
Oral



28

Bring
Props for
English
Play!!!



31

CCF
Quiz



The resource
room is a
great place
to spend your
lunch hour.

Secondary III

Jessica Abreu-Moore
Amanda Alessi
Isabella Arduini
Jennifer Baldino
Jennifer Baratang Junio
Alexa Bedik
Maya Botti



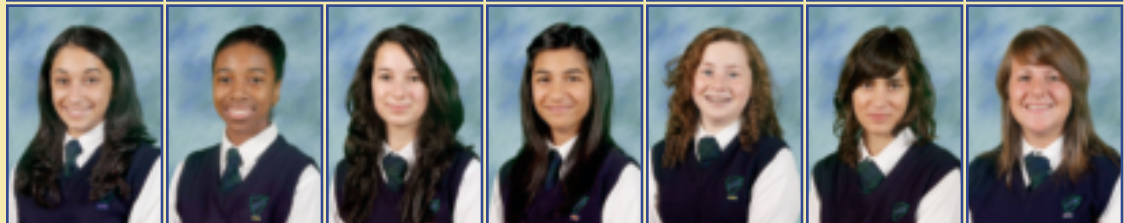
Stephanie Cabanas
Sarah Camacho
Sarah Carriero
Katherine Chamandy
Jasmina Ciccocioppo



Gabriella Courey
Sophie Cruvellier
Olivia D'Ambrosio
Alessia De Petris
Diana Di Paolo



Claudia Di Salvatore
Katricia Durham
Alexa Eberle
Alissa Fiorito
Mireille Forget
Erika Gentile
Isabella Girardi



Ashley Hagen
Hannah Hyde-De Sousa
Thea Koper
Elena Kratsios
Emily Kyte
Emma Kyte
Elyana Lafrance



Amanda Larosa
Candice Law
Melissa Likoray
Pamela Mannarino

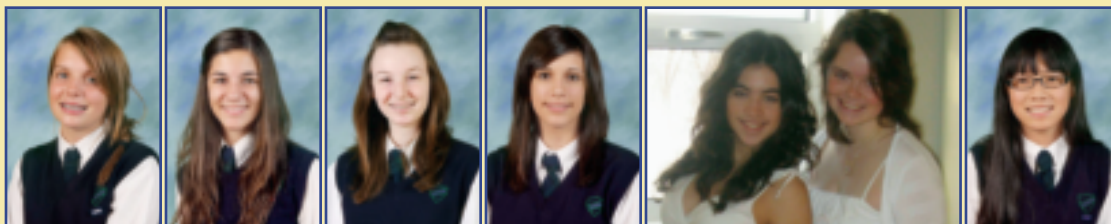


Sara Mannarino
Michelle Mariani
Olivia Mariani
Lauren Maruya-Li



We Are the Best of Both Worlds

Class of 2012



Caitlin Matthew
Alexina McLeod
Melinda Meloche
Victoria Mili
Bethany Mount



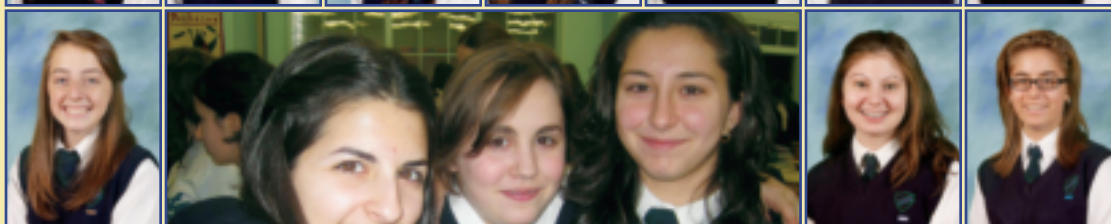
Sarah Murphy
Jenna Novosad
Emma Pallay
Victoria Perrotta
Maria Power



Marina Preziuso
Jasmine Rach
Deidra Robertson-Chois
Jessica Roumeliotis
Hannah Ryan
Pranavy Sabaratnam
Claudia Salvo



Lauren Samo
Victoria Sarker
Christina Scalia
Katherine-Mary Skotarczyk
Angelina Smolynech
Erica Starnino
Kylie Sura



Georgia Therriault
Nicole Tieman
Joanna Tsotas



Alexia Tummillio
Sarah Turcotte
Nina Zampogna



Sec III Candids



This year was full of memories. From conversations at the lunch table to enjoying our last days in Study Hall, we had a great year! We are finally changing floors!



Seniors next year...





SECONDARY IV

ONE MORE YEAR TO GO!

Carolina Alarcon
Camilia Amouzegar
Andrea Angelini
Kenzia Araujo
Aline Asfour
Amanda Atallah
Alexandra Bergeron



Liana Beyukian
Sarah Botting-Provost
Victoria Brand
Kathleen Brown-Vandecruys
Gabrielle Bucaya
Elizabeth Bureau
Cassidy Burke



Christina Caccese
Meagan Coleman



Allison Coull
Ivana De Lauri



Sara-Chanel Del Papa
Laura Delucilla
Julia De Petrillo
Eleni Diacoumacos
Kathleen Dicaprio
Cristina Di Censo
Elisabeth Dimitratos



Kristen Di Perno
Law Eudice
Nadia Floriani
Kimberly Fontes
Leeza Girolami
Lauren Goforth
Laura Griffin



Teresa Griffin
Amanda Hindley
Christine Horonowitsch
Bernice Law
Rachel Levesque
Claudia Lucente
Elie Manousakis



WE ARE Intense



Julia Martignetti
Claire Messenger
Vanessa
Minicozzi-Capozzolo
Carly Molinaro
Pascale Nguyen
Amanda Paliotti
Denise Pehlivanian

Amanda Petropoulos
Emily Pimentel
Stéphanie Rafie
Sarah Reusch
Béatrice Richer Láfleche

Mélanie Romer
Adrienne Silva
Mélanie Sivapalan
Chloé Sorella
Chelsea Thompson Quartz

Stephania Trocchia
Martina Valentim
Kayla Vecera
Despina Xanthoudakis
Sarah Yaremko

The best things about Sec IV



Having a hockey team is amazing! It's the best thing about this year! And... it doesn't hurt that we're good.

We love our schedules--it's so much easier to have a break every two periods. We don't miss having three in a row after lunch.



We're not the biggest fans of the top buttons, but we do love the French manicure!

"We LOVE the food! We really love the food! Chinese food, the cheese, it's just great!"



We're loud and wacky and love being in Sec IV.

No more Study Hall. Being a senior is the best. We get to have our own homeroom, and our own shelves. It's great!



Work

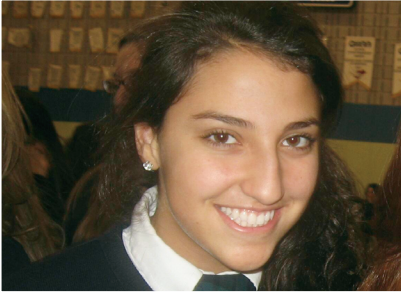


Relax



Secondary IV CANDIDS

Play



Make use of time, let not advantage slip. ~William Shakespeare



My mother used to
say that there are no
strangers, only friends
you haven't met yet.

- Dame Edna Everage

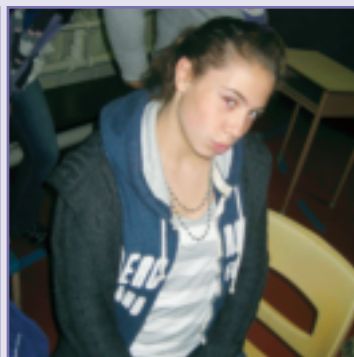
Sec 1 Retreat

We Are Family



On a rainy morning, Secondary One students gathered together for their retreat. They hardly knew each other, so a game at the beginning to learn a bit more about one another was helpful. They watched a movie, and then coloured in a paper doll, which they then pasted onto a mural themed "Under the Sea." It was a lot of fun for everyone to get to know each other better.





Sec II Retreat



The secondary two students really enjoyed this year's retreat. We were able to express our opinions about love and hate and present them on a poster board to our classmates. We watched *Heart and Souls*; it was a very meaningful movie. We would all like to thank Mr. VanDer Wee, Mr. Matusky, and Ms. Erfle for accompanying us on this fun retreat. Once again, the retreat brought us together and we are looking forward to next year's.

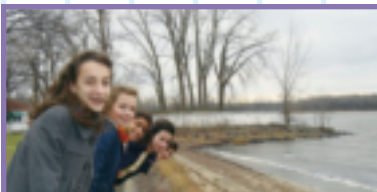




■ ■ Togetherness

"Retreats are a great opportunity to get together and have fun. The reason everyone likes them so much is because we don't see enough of each other."

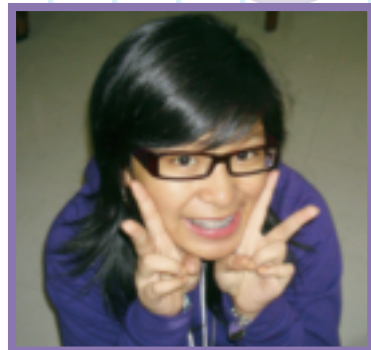
—Emma Kyte



■ ■ Great Movie

"I really enjoyed watching a really cute movie called Simon Birch, and spending time with my friends. Retreat was great!"

—Jennifer Baratang Junio



SECONDARY III RETREAT

SECONDARY IV RETREAT



Sec
IV retreat
was a pivotal moment
for our grade. When we came in,
in secondary one, we were young girls, who
since have turned into women and who are about to be
sent into the world. This retreat showed us the impor-
tance of knowing who we really are, and staying true to
ourselves no matter what. It can be difficult to remem-
ber what defines us at crucial moments in life, and this
retreat provided us with the tools to do so. Secondary
IV retreat offered us the beginning of a sturdy founda-
tion, upon which we can easily build our life as a house.



Blast From The Past!

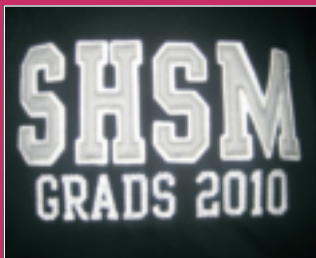
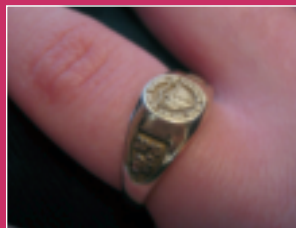
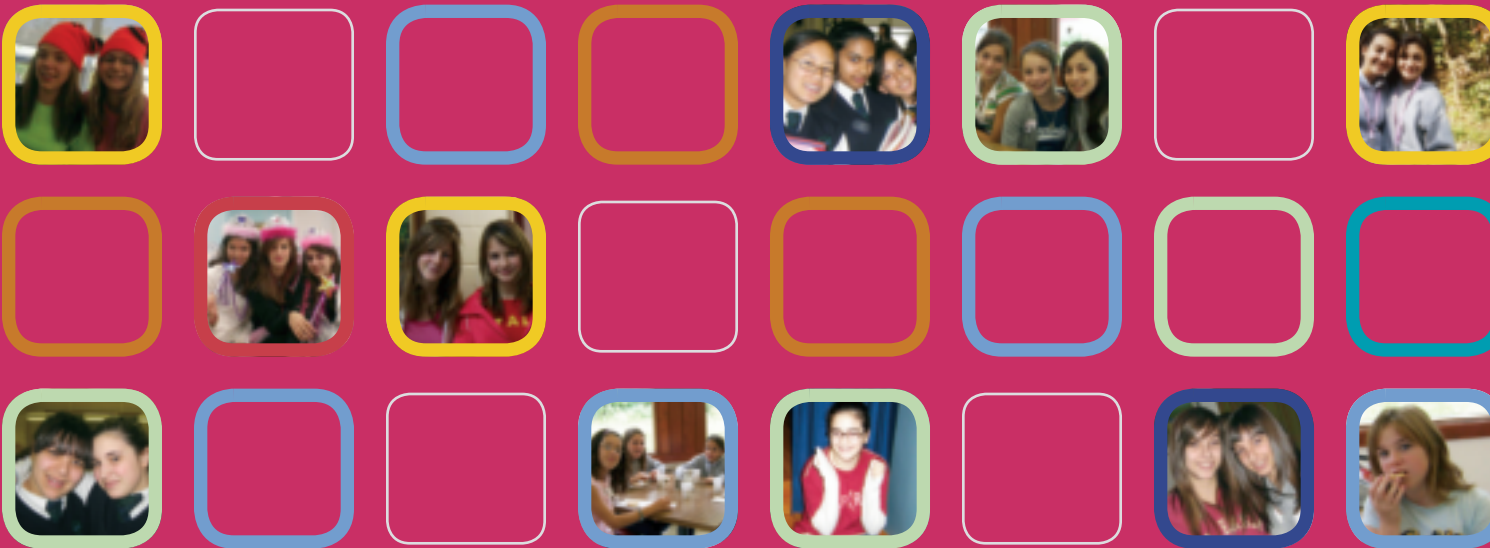


GRADS OF 2010

We will forever be young at heart!

Our years at Sacred have been full of many different obstacles, but with courage and determination we have been able to overcome most of them. Although sometimes the obstacles have seemed too great to overcome, as girls of this school we can proudly say that we have tried

our best. With each success and failure we learn things about ourselves and about the people around us. It is these very experiences that have shaped us into who we are and who we will become, and with that we go out into the world with confidence and infinite knowledge.



We Are the Future

Graduates of 2010

Andrea Abreu-Moore



These are the years that we'll remember forever; I can't believe how fast they went by. All the laughs and tears we've shared- we've been through it all. DS, AJ, CW, NL, and all my girls, thanks for all the good times. This is just the beginning!

MLT: cry a river from laughing so hard.

Jenna Albanese



To all my girlies, thank you for the best memories! LT '10, love you all. MG, where do I start? Time flies when you're with the ones you love. Grads of '10: "Goodbye my friends, it's not the end. So glad we made it, time will never change it." XOXO

MLT: run a multi-million dollar company from her bed through iChat.

Lisa Alinauskas



I can't believe that it has already been 5 years since starting high school. I'll never forget the friends I made and great memories I have with them. Thank you to everyone who has made this experience a great one!

MLT: marry a 6-foot tall guy.

Sarah Attardo



My time at SHSM has been like a roller coaster. Many ups, downs, twists & turns, but in the end the ride was worth it. Thanks to my family, friends & teachers for believing in me, especially CR, RI, LA, CP, AR, CK, VS, AD, SM & VP. Tardz logging off!

MLT: be heard two cities away after tripping on her own feet for the umpteenth time.

Alison Barwick



Grads '10, it's been a blast. WE SURVIVED!! The past 5 years have been amazing and I will truly miss you all. Mom, Dad, Jen and all my friends, I couldn't have done it without you. Best of luck next year! "Dont stop believing" (Journey)

MLT: try to ski down Mount Everest.

Pauline Belliveau



Congrats Grads of '10! We made it through tears, laughter, studying and most importantly the reform. Thanks to everyone for the memories that will last forever, teachers for the knowledge, and my parents for the opportunity. Good luck to all of you.

MLT: be so stressed while becoming a math science teacher that she has grey hair by the age of 21.

Sarah Benoit



Class of 2010, what a journey we've been through! Thanks to my family: Mom, Dad, Justin and Steph for supporting me all the way. Thanks to all my friends for making this year the best one ever! Couldn't have done it without you girls! Live Laugh Love

MLT: divorce her husband for being allergic to peanut butter.

Sarah Berretta



To all the girls who I survived this convent with. To my Lorraine twin + Westmount twin who I couldn't live a second without. To COD, we learned not even a fight could separate us. This is not the end for us, but only the beginning.

MLT: never grow her two side teeth.

Stephanie Bordonaro



Sacred has blessed me with the best 3 years of my life; I've treasured so many memories and friendships. JM, MR, JS, SC, CL, AC I love you girls. Thank you to those who have supported me. Mom, Dad, Matt & Steven, I couldn't have done it without you! GRADS'10 FOREVER!

MLT: never leave her house without the need to straighten her hair!

Anna Cammisano



"Stay far from timid, only make moves when your heart's in it, and live the phrase sky's the limit."
-Biggie Smalls

MLT: get arrested because of her CSD ... Compulsive Stalking Disorder.

Julia Chadwick



"The more that you read, the more things you will know. The more that you learn, the more places you'll go." (Dr. Seuss) We made it! Thanks everyone for making these five years so memorable. It's been great. Good luck!

MLT: win the lottery and buy the world's supply of chocolate.

Morgana Clarke



To all my girls, thank you for all the times we've shared in & out of these walls. I can't believe it's already over! LT '10, JA, I couldn't have asked for more. Don't cry because it's over, smile because it happened. Love you always Grads of '10! XO

MLT: break both arms while playing sports but still manage to maintain the best hair.

Graduates of 2010

Gabrielle Colacci



"Coco" Chanel said, "a girl should be two things: classy and fabulous." During my five inspirational years at Sacred Heart, I've made some wonderful friends who are just that. For the fun times and the hundreds of inside jokes we've shared, and the love, thanks so much!

MLT: be the best dressed homeless person.

Jessica Colavincenzo



Grads 10' Abbiamo finite! My journey at Sacred was filled with smiles, tears, laughter & memories. BROVICSBRO: VDP, CM, BR & NYC09. Ringrazio a Ma, Pa, Justin, Jaime, lunch table'10- love you girls & every teacher who inspired me. Ciao Grads '10. *Always Under Pressure*

MLT: be late for her child's baptism because she was busy reviewing her Sec V chem notes.

Amanda Cordeiro



It's all said and done it's real and it's been fun. Thank you mom, dad for your tremendous support and to MA my strength, I love you. Goodbye for now to all my ladies and remember the future belongs to those who believe in the beauty of their dreams.

MLT: have an anxiety attack in a metro station because she has no idea what to do.

Kyrstin Coughlin



These are the moments we will remember: wherever lasting friendships are created. Live free, and follow your dreams. Thanks Cougz! You all changed my life and I'm thankful (MS, MS, JS, AM). This is not the end; it's only the beginning. FAGFEAE-FOREVER47

MLT: be banned from an all-you-can-eat buffet.

Stephanie Covello



Congratulations Class of '10! These past five years have been full of wonderful memories. Thank you to my family, friends, and teachers for helping me grow into the person I am today. I'll miss you and wish you the best of luck.

MLT: live in an arena.

Marlena D'Ambrosio



Big thanks to my family, friends and those who've supported me. I'm so blessed to have all of you. Thanks to my friends for great memories. This may be the end of high school, but this is the beginning of new adventures and experiences. Love you guys!

MLT: trip while walking on the red carpet and have a box of Kleenex as an accessory.

Angela Di Benedetto



To the grads of '10- Thank you for all the unforgettable memories. It is unbelievable we've made it this far. Walt Disney once said, "All dreams can come true ... if we have the courage to pursue them." I wish the grads to stay on the paths of their dreams.

MLT: lose an object after it has been found.

Vanessa Di Pasquale



To all my ladies, you've made these past five years the most memorable years of my life. Thank you for all the amazing times we've shared. Family and friends, I love you, jb ta cmj; my strength. Grads 10- Together Forever

MLT: marry a rich man in Jamaica and have four kids by the age of 30.

Victoria Di Valerio



I have no idea how anyone can expect us to sum up 5 years of emotions in 250 characters! They've been like a roller coaster ride. We've had our ups and downs and I'm glad to see that we're all still alive. These 5 years will forever resonate with me. I will never forget you all; you've changed me forever! Thanks! (The game)

MLT: I forget that I was supposed to ... I forgot.

Genoveva Diaz



It's only been four years but they've been the best ones I could've asked for. Full of unforgettable memories we made the inside of those walls our home. Thanks to everyone, especially you, Grads of 2010! Enjoy every moment. As for me, HASTA LA VISTA!

MLT: travel the world and end up in Paris, where she purposely loses her passport so she can stay forever.

Maria Loren Eberle



I can't believe how quickly our five years at Sacred have passed! I have learned so much and made friends forever. So many unforgettable moments. Congrats class of 2010, it's been a blast, and best of luck! xoxo

MLT: appear on "America's Most Wanted," try to escape to Canada, but get stuck at the border.

Elyssa Gentile



After years of delicious meals and gorgeous shoes, it's our time to go. I'll never forget my girls. Mom, Dad thanks for the opportunity. E & A enjoy what you got left.

MLT: never be fully satisfied ... even after this grad comment.

Graduates of 2010

Sharleen Gomez Motter



I would like to thank Sacred Heart's school administration, faculty, my friends and all my fellow classmates, for such a great experience these two years here. This was a totally different experience for me and I will always remember it.

MLT: marry the Prince of Egypt, live in a pyramid and have a foundation called AIPP.

Taylor Gormley



Grads '10 we made it! I can't believe we are already finished. Thank you mom and dad for helping me through this experience. Thanks to all my friends for making these years special.

MLT: decide college isn't worth the hassle then escape with her horse and join the circus.

Rajitha Tyadurai



Looking back on the past five years at Sacred, I cannot help but smile. Thanks to my family, friends and teachers for all the love and support. VS CP AR CK ET VDV LPC SA VP TK KHP SGM, I love you guys and these memories will last forever.

MLT: walk into a pole while checking out a hot guy.

Amanda Jeanson



Laughs, tears, challenges, we made it through it all. C.W. A.A-M. D.S. T.T. T.K. <3 This is just the beginning of a lifelong friendship and crazy memories. To my friends and family, thanks for always being there; you will never leave my heart.

MLT: most likely to marry a soccer player and live in a messy house.

Joy Kalafatidis



Finally, we've made it! Thank you friends, family and Class of 2010 for sharing 5 amazing years together. Mom, Dad and Costa, I never thought I'd say this but thank you for everything you've done. Good luck to all of you in the future. Peace!

MLT: strangle the next person who sings, "Joy to the World."

Tatiana Kalantzis



I couldn't have wished for a better five years at this school! To the "gang," you are honestly amazing and I love you all to death! Thank you for being there in all the melodramatic times! Sorry to say that you just lost THE GAME.

MLT: fall up the stairs.

Caitlin Kilmartin



After 5 years, girls you are now my family. I can honestly say we have been through everything together. Thank you teachers for your dedication and family for your support, I would be nowhere without you. Grads of '10 we did it! Stay forever young at heart.

MLT: be discovered as a hand model at a dance competition.

Christina Kontaxis



Congratulations Grads '10! Thanks to my family and friends for all the support. To the Gang, I love you! I'm going to miss the Breakfast Club. I lost THE GAME!

MLT: poke a stranger's face.

Cassandra Kouremenos



Thank you to my parents, my family and teachers. Thank you to the grads of 2010 for making me a better person. We may no longer be at Sacred Heart, but you all will forever remain in my heart. "Thank you, thank you very much!" -Elvis Presley

MLT: star in a shampoo commercial.

Maria Lyres



Congrats Class of '10! We have finally graduated! It seems like yesterday we walked through the doors of Sacred and got lost trying to find our classes. To my friends and the Gang, you guys are awesome and always there for me. Thanks.

MLT: become best friends with a stranger she met on the street.

Natasha La Rosa



We don't remember days; we remember moments. Congrats to GRADS OF '10; we did it. Dalia S. Biffle<3, VL, CW, AM - made my years amazing. Mom, Dad, Samantha & Bros, thanks for giving me this opportunity. Five years=countless memories. I'm going to miss this place.

MLT: get a part in a vampire flick due to her pale skin, then get fired for spazzing about everything.

Alexandra Laurendeau



Wow, five years is a long time! Now that it's finally over I wish it was longer. I'm going to miss the gang, thanks for always being there girls! "If opportunity doesn't knock, build a door." M.B. AND you just lost the game!

MLT: work at KFC forever and still never like chicken.

Graduates of 2010

Vanessa Liakopoulos



Grads of '10, we finally got through these 5 years! Thanks Mom, Dad and Mick, I love you. NL & AC, you guys are the best. But sadly, it's time to say bye to those Penfield doors and 5 flights of stairs. When you leave here don't forget why you came.

MLT: break up with her boyfriend for calling a minute later than he said he would.

Claudia Loffredo



Five years have gone by so fast. Mom, Dad & Carlo; I couldn't have done it without your support. To my sisters, SB, AC, SC, JM MR & JS, you are my siblings God forgot to give me. Congrats Grads 2010, it's the beginning of the best years of our lives!

MLT: forget the topic of a conversation that she started.

Marie-Helene Maris



Thanks parents for the financing, ladies for the memories, Jer for the love, Billy Joel for my strength, and to that one person who taught me that it's never too late to fix something worth fixing. Our days of smelly bus rides are over. Grama Maris has left the building!

MLT: become a pharmacist, due to her recent conversion to Judaism.

Corina Micheletti



It's time to go; we're finally out! Thanks ma, pa, jer, lilly, EA and LP for being there. Memories 4ever NYC 09 and lunch table '10 love you all. BR, JC, and VDP sisters forever. Adesso e l'ora di vivere la nostra vita. Ciao my amores & grads '10.

MLT: have a recurring role on 'The Bachelorette' because she can't decide which man is right for her.

Gabriella Michetti



"A whole life blown away in the blink of an eye. Nothing left but all the time to think about it." Thanks Mom, Dad, Dom, Laura, teachers and all my sisters. It's been a great one! We made it COD! I can't believe it's already over, I'll miss you all - xox dgm2

MLT: change her name to Briseis and marry Achilles.

Alexia Mitchell



Time flies when you're having fun! Thanks to my family and friends for all your help and support. I've had so many great memories, and promise not to break any more chairs. Good luck to you all and Mother Goose loves you all! Forever 47 Peace out A-Town

MLT: label ... everything.

Jessica Munro



Grads 2010, congrats girls! MR SC JS SB CL AC: friends that have turned into family. I love you; thanks for being my rock. Through tears and laughter, you girls are always there for me. Mom and Dad, you are my strength and support. Forever 2010.

MLT: fill up a room with her contagious gun-shot laughter.

Clare O'Donnell



As we leave Sacred we realize who really matters, who never did & who always will. GB my sister, for the nights that turned into mornings & the things I won't forget. JH the person who let me Live Laugh & Love through the hard times. Finally thanks to my family for their love and support.

MLT: get away with skipping the WNBA playoffs because her lover is in town.

Kathleen O'Keefe



Congratulations grads of 2010! To my friends, thanks for the unforgettable memories and for always being there. You are all so amazing and will accomplish great things. Thank you Mommy and Daddy, I love you. Good luck girls!

MLT: watch every romantic movie ever made.

Vanessa Paliotti



Che bello! I will never forget the friends I met and values I picked up these five years. A special thanks to my family, friends and teachers for helping me along the way. La strada non finisce qui, buona fortuna..arrivederci!

MLT: join the army out of the sheer pleasure of exercise.

Eleni Panaritis



It's been a great 5 years! I will never forget the times we've shared! I love all you girls and I'm going to miss each and every one of you! I couldn't have made it here without you, NV, MC, MK, CK, AC! Congrats Grads of '10! We finally made it!

MLT: give up her shopping addiction and join Doctors Without Borders.

Kelsey-Hope Patrick



OMG Grad! This year was the greatest of all my four years here. And to the gang love you all <3. Oh ya! One more thing I LOST THE GAME!

MLT: live in a coffee shop.

Graduates of 2010

Emily Perry



I can't believe we actually finished five years! Thanks to everyone who's helped me along the way, especially Mom and G-G for getting me to school. I'll miss Sacred Heart and everyone here so much, especially my friends. Grads 2010!

MLT: read all of the books in the world, then want to read more!

Laura Predan-Chauwin



We made it! Thanks so much for making these past 5 years unforgettable. CP, VS, CK, LA, thanks for always sticking by my side. Mom, Dad, Soph, Matt, I wouldn't have done it without you. And thanks to all the teachers. I'll miss you all. Congrats grads of '10!

MLT: create her own type of flu: the Lauragitis.

Claudia Pulice



Grads of 2010!, we made it. I'd like to thank my parents, and Sara for all the support and love! VA, RI, AR AND LPC, and the breakfast club, thanks for always being there. These memories will last forever! Congrats.

MLT: stay short for the rest of her life.

Aliyah Rahman



Grads of '10, we finally made it! There will be unforgettable memories that will last a lifetime. Thanks Mom, Dad, and my KR-az sister for your love and support. But ultimately Allah (786)! I have found friendships that will last forever.

MLT: lose a contact lens and walk down the wrong escalator while talking on the phone.

Melina Randisi



Dear grads of '10, we've now become wise, confident ladies ready to face the world. JS, SC, JM, CL, AB, AC, thank you girls for being there for me. The laughs and memories we shared will always be cherished. Remember, the sky is the limit. Congrats, we made it!

MLT: break out into a salsa routine on a first date.

Bianca Ripolo



Grads '10 time to go our separate ways & hopefully meet again in NYC! Thank you for all the smiles, laughs & tears. Ma, Pa, Chris, Sam, Bruno, GC & fam<3 & to my girls, lunch table '10 and BRO VICS BRO-TR VDP JC! Peace & Love xox

MLT: not to show up at the altar for her own wedding because she's scared of commitment.

Teresa-Maria Rossignuolo



Time to ditch those plaid ties. You know very well who you are. Don't let 'em hold you down. Reach for the stars -B.I.G. NYC09 LUNCH TABLE'10 AVABNV&FAM Ti amo. Now Grads as we jet out those SHSM doors for good, turn around, and blow a kiss.

MLT: create her own dictionary.

Chelsea Russo



I would like to thank my teachers, friends, and family for filling these past five years with memories I will never forget. Thanks for being there for me through the laughter and the tears. I wish I didn't have to say goodbye. Good Luck, grads of '10!

MLT: write an Oscar-winning screenplay based on her New York Times Bestseller.

Vyisnavy Sabaratnam



Finally over! Five years of mixed emotions comes to an end. A new chapter awaits us. Time to close Sacred doors and open new ones. Special thanks to my family for all their love and support. Shouts to my girls who have ALWAYS been there for me, love you. VCRA & Phil forever. The Sabaratnam Show is out!

MLT: to die of laughter.

Dalia Sabra



To all my sisters, thanks for the best years of my life. These are the days that we will remember. AM, CW, AJ. Never will I forget the girls with whom I've cried and laughed. Natasha, my biffle <3. This is just the beginning of another journey. Remember us!

MLT: be walking on the street and be mistaken for a geisha.

Michelle Saikali



Memories were made that will never be forgotten. I will miss all who shared tears & laughter. A real friend is one who walks in when the rest of the world walks out. Thanks for always being there, I love you; KC AM JS MS KN JM BC <3 FAGFEAE <3 Forever47!

MLT: be killed by mercury poisoning.

Soraya Sanchez-Dias



These were the years we thought would last forever, but they went by quicker than I could imagine. Thanks everyone for all the memories. Grads '10 we really were the best year yet!

MLT: have her own headband line and cookie dough factory but go out of business because she ate it all.

Graduates of 2010

Jessica Santillo



Thanks to everyone who supported me through it all, Mom, Dad, Mike & LC- I couldn't have done it without you. Congrats Grads of '10. To my girls, we finally did it; it's our time to jet! Ciao Sacred, I'm out.

MLT: ditch her own wedding because Lil' Wayne is in town.

Joanna Santos



"How lucky I am to have known someone who was so hard to say goodbye to." MS MS KC AM CS, through thick & thin. Mom, Dad, Marco, Vic & Rico, I love you. "The best way to make your dreams come true is to wake up." So do it. Forever 47.

MLT: be grounded on her wedding day.

Jessica Sicoli



Grads 2010, we did it! Mom, Dad, SP, MR, CL, JM, AC, SC, SB, thank you so much for making my years at Sacred Heart so memorable! I love you all <3. "Remember how we held our heads so high...remember how we reached that dream together." – Carrie Underwood.

MLT: not eat her own wedding cake or eat it the day after.

Alexandra Snell



HIGH SCHOOL ADVENTURES. Train rides, shopping dt, running for metros, 5th floor mysteries, RIP santagelos, coli, tims, aussies, cabs, frostbites – so many memories! BACE, CK-dasha, CS-sisters through thicken'thin, Stratford m&j, NYC Caitlin & Alex forever and always. Grads of '10 we made it!

MLT: take candy from a stranger.

Cynthia Snell



"Whatever way our stories end, I know you have rewritten mine by being my friend" AS, CK, CK, JS: Thanks for Youku, Bathroom Walks, Dasha, That Train Ride & Orange. SN: You were there from the start. Mom, Dad, MGPEM: unending thanks! To Infinity and Beyond!

MLT: star in a Broadway show, then have to quit because of mercury poisoning from too much sushi.

Melissa Spatolisano



Fate decides your destiny but you choose your friends. Five YEARS BABY! This is the end to a new beginning. Mom, Dad, Alex thanks for everything. JS, KC, MS, AM you guys are what kept me going. I LOVE YOU ALL "We're all in this together." FOREVER 47 <3.

MLT: move away, and start her own reality TV show with her mom as her own personal hairdresser.

Taylor Teodori



We're all finally graduating this year! Thanks to my family for everything. AHDLCWVLKKMJ SB AM DS NL I love you guys! Thanks for the memories and all the laughs. See you guys in Cegep!

MLT: make it big just out of spite.

Marie-Christine Tiramani



Thanks to all my girls who made these 5 years amazingly unforgettable. SB & COD nothing can ever come between us, KG the sister I never had. To everyone who helped me when I struggled & stuck with me when I needed them, you'll always have a place in my heart.

MLT: become an obese, crazy, cat lady.

Esme Toussaint



"Those who wept as they went out carrying the seed will come back singing for joy, as they bring in the harvest." Psalm 126:6

MLT: become Pokémon Master.

Georgia Totas



Now we can finally say that we SURVIVED SACRED! I'm going to miss the gang! Thelo na po efharisto sti ikogenia! Good luck to everyone & remember, "Life is like a flame; the bigger the flame, the better the fire, but be careful not to get burned."

MLT: marry the love of her life, Eminem, and be extremely late for her wedding.

Our years at Sacred have been filled with all kinds of different emotions. There were always things that were demanded of us, and as we leave this school those demands will increase. Sacred Heart has given us the tools we need to survive in the real world, and it is now up to us to decide how to use them. As we leave here and continue on with our lives we will carry the memories we made at Sacred for as long as we live. My best wishes go out to my fellow graduates; the best of luck to you all in your future endeavours. We will forever be the Grads of 2010!

Love,

Pauline Belliveau, your Memorybook Editor

Graduates of 2010

Natasha Vitale



It kills me to say it, but after 5 years, it's time to say goodbye to the Heart. To those who have been there for me, I love you all. EP&NV=FOREVER! To all my teachers, I am forever grateful. Sacred, you are my forever! Congratulations Class of 2010!

MLT: become the first woman Prime Minister elected in Canada. VOTE FOR ME!

Carolynn Warnet



I've spent 5 years of my life laughing, loving and caring. A.J., D.S., A.M., N.L., T.T., V.L. you were all my sunshine, my friend, my sister and I love you all. It's definitely not over 'cause we have our whole lives in front of us. Grads'10forever&always.

MLT: eat meat ... JUST KIDDING.

Luana Fappitelli

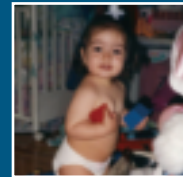


2010 already! These past five years wouldn't have been the same without the love from my family and friends. Mommy, Poppy, Katya, thank you for everything! Our class has had so many amazing moments, lots of laughter and good times. Grads 2010 : Congrats!

MLT: run onto the soccer field during a World Cup game, Italy vs Spain and tell Gila "I love you."



Andrea A.



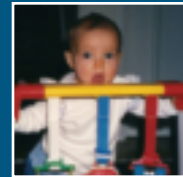
Jenna A.



Lisa A.



Sarah A.



Alison B.



Pauline B.



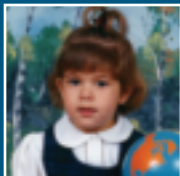
Sarah B.



Sarah B.



Stephanie B.



Anna C.



Julia C.



Morgana C.



Gabrielle C.



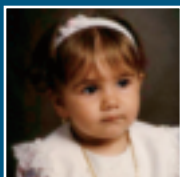
Jessica C.



Amanda C.



Kyrstin C.



Stefanie C.



Marlena D.



Angela D.



Vanessa D.



Victoria D.



Genoveva D.



Maria E.



Elyssa G.



Sharleen G.



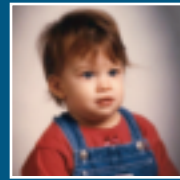
Taylor G.



Rajitha I.



Amanda J.



Joy K.



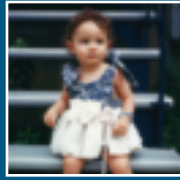
Tatiana K.



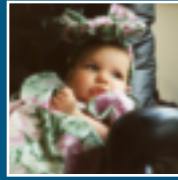
Caitlin K.



Christina K.



Cassandra K.



Maria K.



Natasha L.



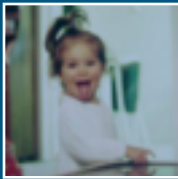
Alexandra L.



Vanessa L.



Claudia L.



Marie-Hélène M.



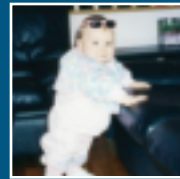
Corina M.



Gabriella M.



Alexia M.



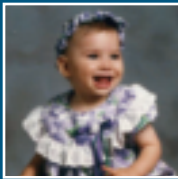
Jessica M.



Clare O.



Kathleen O.



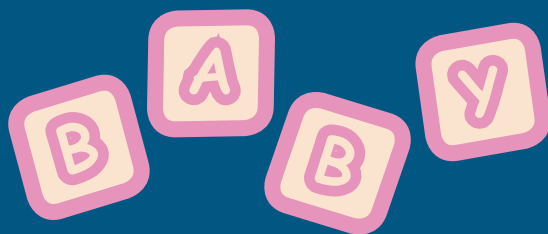
Vanessa P.



Emily P.



Laura P.



PICTURES



Eleni P.



Kelsey P.



Claudia P.



Aliyah R.



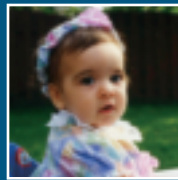
Melina R.



Bianca R.



Teresa R.



Chelsea R.



Vyisnavy S.



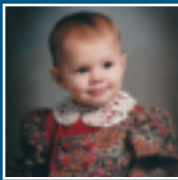
Dalia S.



Michelle S.



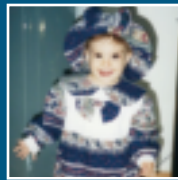
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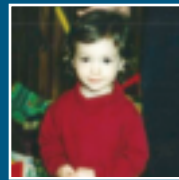
Jessica S.



Joanna S.



Jessica S.



Alexandra S.



Cynthia S.



Melissa S.



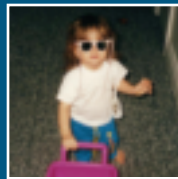
Taylor T.



Marie T.



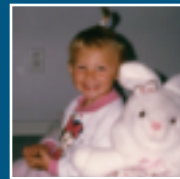
Esmé T.



Georgia T.



Natasha V.



Carolynn W.

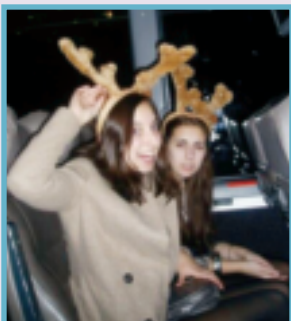


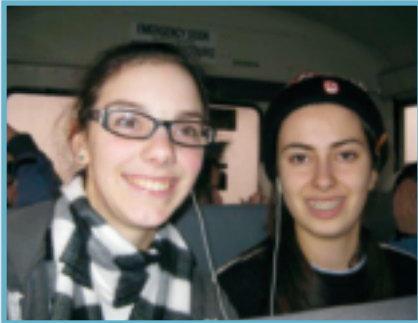
Luana Z.

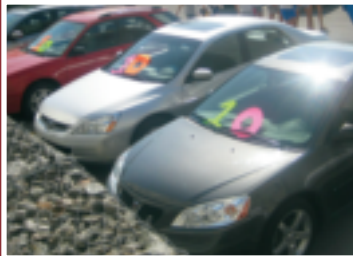
SEC 5 CANDIDS



Beauty only gets attention, but personality captures the Heart







Grads
'10!

Grad Song 2010

I hopped off the bus on Cote-des-Neiges
With my tims and a hoodie on
Welcome to the land of books and tests (woah)
Am I gonna fail this?

Walked in the doors,
Here I am bright and early
Look to the right and I see Prefects on duty
This is all so crazy
Everybody is so lazy

My tummys turnin' cuz I didn't have my breakfast
Too much pressure and I'm nervous,
That's when the teacher yells GET TO CLASS!
And my docs weren't even on
And my docs weren't even on
And my docs weren't even on!

CHORUS:

So I stack my books up
Sprinting up stairs
Forgot to put my phone away
Rollin' my kilt like yeah,
Filling my nails like yeah,
Once again I'm late
Runnin' to GA
I know I'm gonna be ok
Yeah, It's a party with the Grads of '10
Yeah, It's a party with the Grads of '10

Wait in the class with a minute left
Everybody's lookin' at me now
Like "Who's that chick that's dead asleep?
She must have had a chem test, ow"

So hard with the drama all around me
It's definitely not a Sec II party
'Cause all I see are Blackberrys
I guess I'm stuck with my Razr

My tummy's turnin' cuz I didn't eat at lunchtime
Too many odors and I'm nauseous
That's when Ms Mastro said, "Do up your tie!"
But the buttons had fallen off
But the buttons had fallen off
But my buttons had fallen off!

CHORUS:

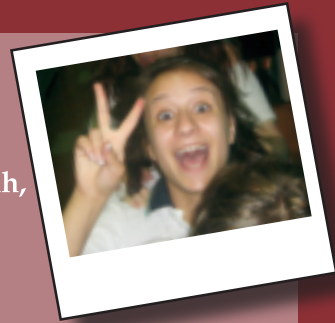
So I throw my pen up
It's last period,
Jet out of the school like yeah,
Reading my texts like yeah,
Making my plans like yeah,
And I got my Uggs on,
I'm playin my song
I know I'll catch the bus okay
Yeah, It's a party with the Grads of '10
Yeah, It's a party with the Grads of '10

Feel like going to NY (to NY)
Maybe some shopping tonight (Canal alright)
Something stops me every time
Got no more cash left but I feel alright!

So I got no sleep
We're back at school
The happy times fly away
Choosin' a CEGEP like yeah,
Stressing it out like yeah,
I got my marks in
I'm passing phyics so
I know I'm gonna be okay
Yeah
It's a party with the Grads of '10
(Na, na na na na na)
Yeah

So I put my hands up
It's time for prom
Don't have a date yet ... Hey!
Stalking some boys like yeah,
Just like Loyola dances yeah,
I got my nails done
Straight to bronzage
I know I'm gonna be prettay
Yeah!

It's a Party with the Grads of 10!
It's a Party with the Grads of 10!





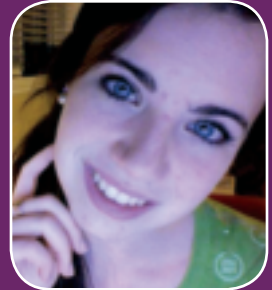
**Accident-
Prone**

Artist

Athlete

Book Worm

Brainiac



Class Clown

Dancer

Detention

**Drama
Queen**

Eyes



Fashionista

"Gino"

Hair

Handwriting

Laugh



Leader

Loudest

Mini-Kilt

Mom

Musician



Neat Freak

Party
Animal

Quietest

Rockstar

Role Model



Sarcastic

School Spirit

Scientist

SHSM Idol

Slacker



Sleeper

Smile

Stressed

Teacher's Pet

Wordly Wise

Best Of

2010 ...

Stratford '09

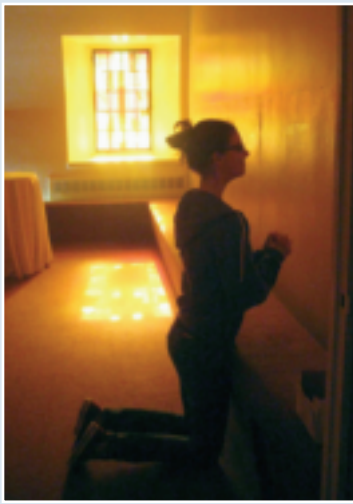
We Are the city girls who invaded a small Shakespearean town.



A moment lasts all of a second, but the memory lives on forever.

-Author Unknown





SECONDARY 5 RETREAT

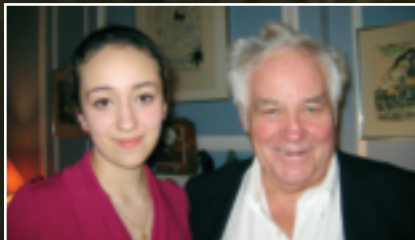


The Power of One

Each of us holds a great amount of power. We have the power to forgive the ones who hurt us and we have the power to instill positive changes in the lives of others. Retreat taught us many things that we will never forget. Our two days were filled with activities and surprises, as well as a special ceremony that touched each and every one of us. Our Blues Notes will help us remember the lives we touched, as well as our Retreat for years to come. We will forever be the Grads of '10!

"Life isn't about finding yourself. It's about creating yourself." - George Bernard Shaw

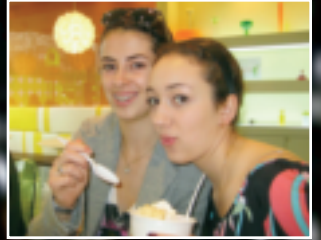
Grad Trip '09

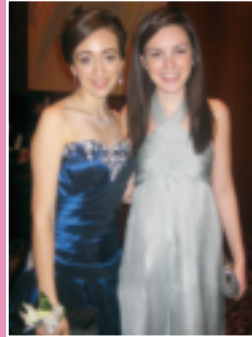




Destination: NYC

Our Grad trip to New York City was full of laughter, activities, late nights and shopping. Whether we were singing Christmas carols on the bus, taking tours, visiting Times Square as well as a Park Avenue apartment, or shopping on Canal Street, our trip was full of memories that will last us forever!



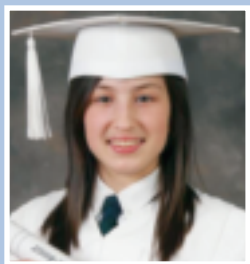


PROM

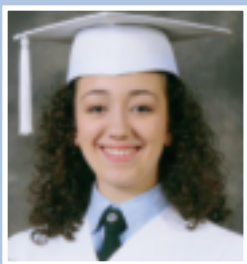


Convocation

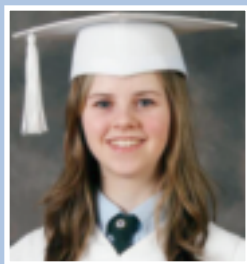




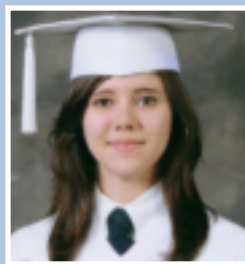
- Lieutenant Governor's Award for academic diligence and personal, social and community involvement



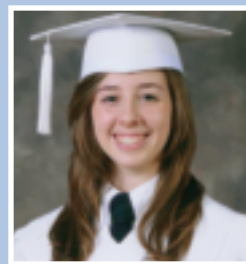
- Head of School's Memory Book Award
- Thérèse F. Casgrain Bursary



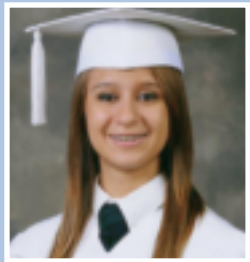
- Sacred Heart B.L.C. Award for English



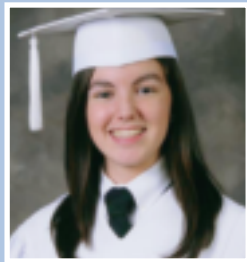
- Sister Gertrude McNamara Memorial Prize for Mathematics



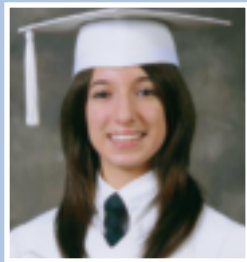
- Judith Rossi Memorial Prize for Drama



- The Sacred Heart School of Montreal Art Prize
- Heather MacDougall Memorial Prize for Fine Arts



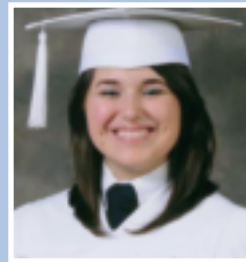
- Parents' Guild Prize for Social Sciences



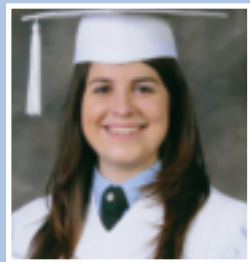
- Patty Forbes Memorial Prize for Health Sciences



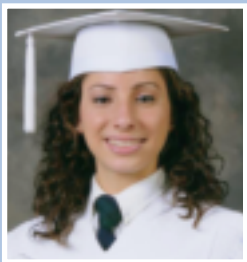
- Sacred Heart B.L.C. Award for English



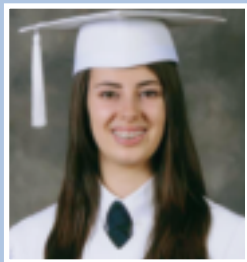
- Judith Rossi Memorial Prize for Drama



- Mater Service Award



- Bruce M. Hicks Public Service Award



- McGill Science Award for exceptional promise in Science and Mathematics



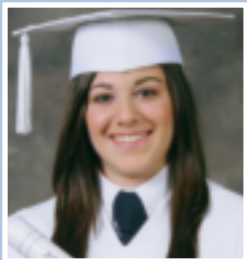
- Sacred Heart B.L.C. Award for English
- Norman T. Byrne Memorial Prize



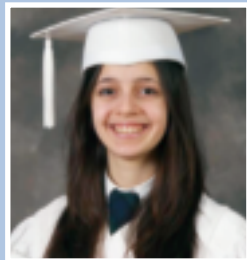
- The Sacred Heart Music Award

Five Year Honour Roll Prize

Alison Barwick
Sarah Benoit
Julia Chadwick
Kyrstin Coughlin
Maria Loren Eberle
Taylor Gormley
Caitlin Kilmartin
Cassandra Kouremenos
Eleni Panaritis
Chelsea Russo
Cynthia Snell
Luana Zappitelli



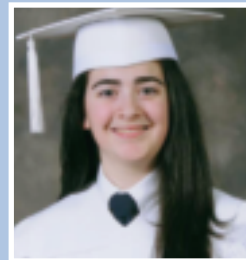
- Student Council Prize



- Soeur Annette Archambault Memorial Prize for French Second Language



- Sacred Heart B.L.C. Award for English
- City House Foundation Bilingual Proficiency
- Provincial Council Award for demonstrating compassion and exceptional dedication through social action



- Sacred Heart B.L.C. Award for English
- Frances Smith Memorial Prize for significant contribution to the life of the school



Special Prizes

Valedictory Address

Alison Barwick



Good Afternoon Mr. O'Donnell, Mrs. Filipovich, Ms Mastro, the board of directors, faculty, staff and fellow graduates. To the Class of 2010: today is a day we will remember for the rest of our lives. Today we move on to a whole new stage. Everyone is going to go their separate ways. Some of us have just been counting down the days until now. But what all of us might not realize is that we are going to miss Sacred Heart the minute we're not here anymore. We are going to become little fish in a big pond. But we are well prepared. For five years, we have gone through the same routine every day: wake up early and come to school. We spent more waking hours at this institution that we did at home. Sacred Heart is home for us, and the people here are our families. Here we feel safe and secure and here we don't really have to worry about anything.

It was a Monday, August 29th, 2005 when we began our journey. It was hard at first, took a lot of getting used to but we quickly felt comfortable in our Doc Martin shoes. We got right into all of the fun activities like Sports Day, Retreat, Girls for the Cure, the 1st Loyola dance, and Spirit Day. A very vivid memory in my mind is of our entire grade skipping around the study hall with Ms Del Torto singing "Doe a deer" in anticipation of our afternoon at the AMC to watch the Sound of Music, and then in Sec II, us parading around the study hall in our medieval hats.

Together our grade has grown closer and closer. We shed tears at our last retreat, we sang together on the bus to New York, and we laughed at all the funny skits in Dashabustadd. Who could forget the great performance of Lady Gaga's Bad Romance? And, this week under the leadership of Clare, we pulled the best prank ever! Consisting of three parts of course. Although we're a lot different from when we started, some things will never change. The prefect room will always have a strange smell emanating from who knows where. The math LES will always be meant for a rocket scientist and not a 17-year old. And, when the football team scores a touch down it is "Touchdown Broncos!" instead of Touchdown Saints.

But all of the fun we had would not have been possible without such amazing teachers and administration. Teachers here have such kind hearts along with an enormous amount of dedication. For one, they taught us everything we know from math to history not to mention manners. They prepared us for the real world. We now know to put a napkin in our laps and to stand when an adult walks into the room. And it's the teachers who come in before school and stay late so that we can enjoy all the extra-curricular activities. Whether it's band practice, art club, soccer tryouts, or a ski practice on the mountain in -30-degree weather, they were always there for us. Heck they even come in on Saturdays for robotics, the Grease production, and tournaments. And, they make us better people. So, thank you teachers for your support! You're all extremely talented and have taught us so much.

Of course it's you - the graduates - who have contributed

the most important element to these memories. We have all made friendships that will last forever no matter where our future may bring us. If it weren't for each other, we wouldn't have gotten through. We look out for one another, like sisters. The school is like a family. We don't have to worry about being judged or being different. We all respect each other for who we are. You could walk around with an orange sticker on your forehead, or have your knee socks up over your knees and no one would criticize you for it.

But we must not forget our mothers, fathers, sisters, brothers, grandparents, aunts, uncles, and cousins. They are the ones who have also been at our sides throughout our whole high school years. They helped us juggle all our activities, let us stay out just a little later, gave us advice on our love lives, and helped us to understand that darn physics homework. Without them, our struggles would have been a lot harder.

One thing that distinguishes our school from any other is the amount of time and money we give to charities. This year alone, our school raised \$65,000! Think of all the people out there who have benefited from our generosity. As the Children of the Light, we "touched the hearts of everyone" and "took everybody's hand." This is something that we should leave the school feeling proud of because it wasn't just one person but a collective effort. Something else that sets us apart from other schools is our special vocabulary. If I didn't know and you asked me what a BLC was, I would guess "bacon lettuce and cheese?" when really it is a Barat literary circle. What about détente? Who would ever guess that this is actually a regular recess with a fancy name?

Now comes the next stage in the journey of our lives. We are going to go on in school and in work. We'll become teachers, mothers, doctors, singers, lawyers, athletes, and many other things. But it doesn't matter what we are, what matters is who we are and how we treat others. For sure we are going to come across obstacles and hardships but as long as we stay positive and compassionate, these hardships won't seem so challenging. What we've learned at Sacred about our morals and dignity is what we take with us to sustain us through our future endeavors. It's not about landing a big job and making a lot of money but simply being happy with who we are and what we stand for and it's about our relationships with our family and friends. We all have the potential to do great things, and, we must remember that nothing can hold us back. In the words of Biggie Smalls, "The Sky's the limit."

Today, Sunday, May 30th, 2010 this particular chapter in our lives finishes. We had a great time. It's such a shame for us to part but I am confident that we will keep in touch. We've laughed, cried, fought, and sung together-we've done it all. As Dr. Seuss once said: "Don't cry because it's over, smile because it happened." These five years that we have had together are truly something to smile about.

Alison recieved:

Auriol Wilkins Roper Memorial Prize for contribution to Sports

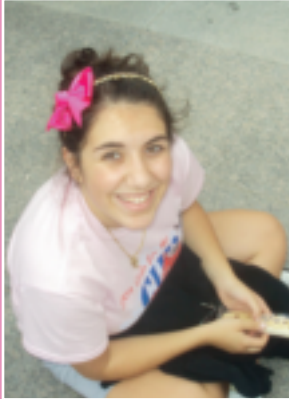
Estelle Fitzgibbon Memorial Prize for highest composite average in Science

Governor General's Medal and Parents' Guild Award for the student with the highest general average



W e Are

always in the mood for fun!



This year's Girls for the Cure walk with QAA, ECS, Trafalgar, The Study and Villa Maria was yet another success. After going door to door to countless houses, our Sacred Heart girls managed to raise \$22,200. We then walked 5 km to the top of Mount Royal where we shared tears as we listened to the speakers' touching stories and smiles as we thought of the cause we were supporting.



Girls For The Cure

We Are in this together

Spirit Day!



Christmas Wishes





Christmas Concert



Semaine de Français



Après un délicieux repas de cabane à sucre, nous avons assisté à une pièce de théâtre réalisé par Mmes de Sainte Marie et Morrisseau. Les actrices se sont illustrées dans une intrigue policière à propos de complots et de diamants volés.



NOUS SOMMES BILINGUES



Dashabustadd



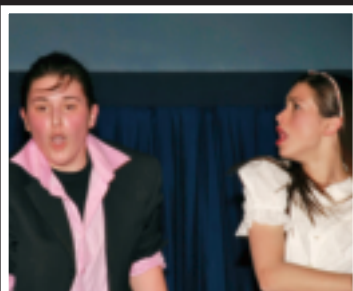
Once again, Teacher Appreciation Week ended with our school's unique talent show. Special appearances including ones by Susan Boyle, Ellen Degeneres and the stars from Twilight, caused much laughter. We were also treated to the talents of many singers, dancers, musicians and actors. As always, Dashabustadd was a success! What better way to show teachers our appreciation?



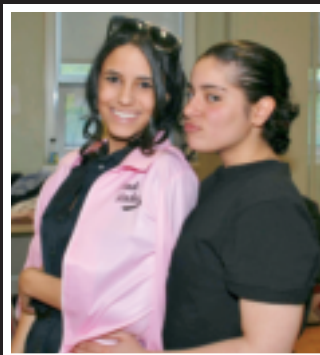
WE ARE TALENTED

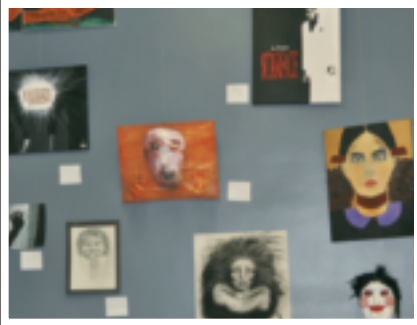


Grease

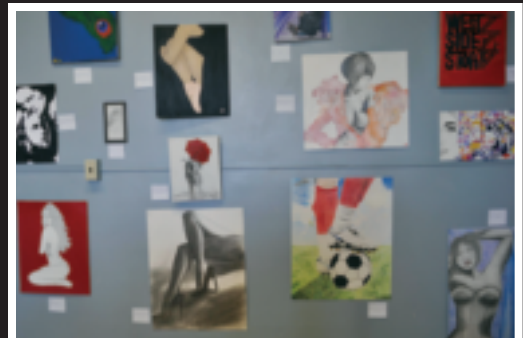
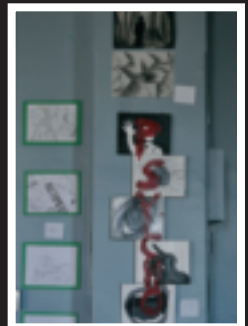
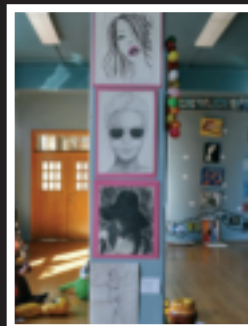
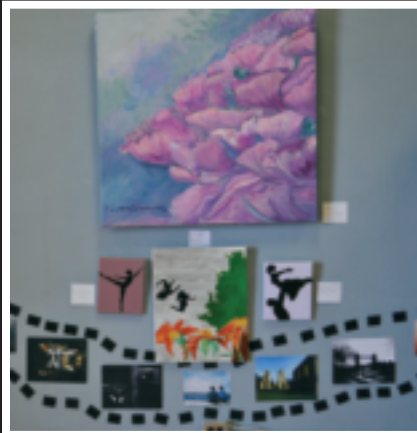


"After a fair share of blood, sweat and tears, this year's Introduction to Theater class got a finely-tuned and geared up production of GREASE off and running for mid-spring. Audiences enjoyed the performances, which included musical and dance numbers. Go Greased Lightnin'!"

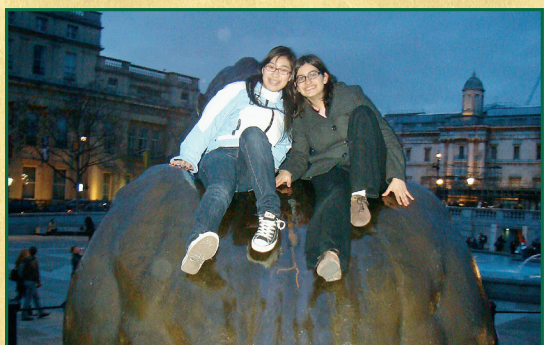




Arts Festival Blockbusters



England Trip 2010



The minute we set foot in London, we all knew our long, tiring, sleepless flight was well worth it. During our activity-filled ten-day trip, we visited many interesting and beautiful sites and managed to fit into our schedule some very anticipated shopping time! We also grew very fond of our tour guide Hedley and our driver Tiny. As well we were able to master special English lingo. Mr. Beauvais, Mr. Matusky, Ms Lecuyer and Ms Cardillo organized a truly amazing cultural experience filled with laughter and great memories we'll never forget. Cheers!



Secondary IV Ottawa Trip



Field TRIPS



Secondary II Old Port





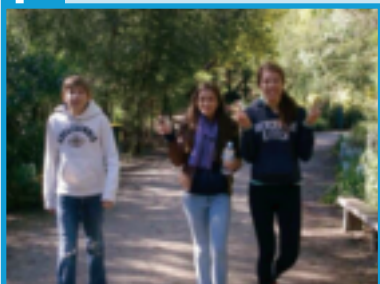
*Alexia Mitchell
Taipei, Taiwan
August 2009*



*Joanna Santos
Atherton, California
February 2010*



*Emily Perry
Tunbridge Wells, England
March 2010*



*Alexandra Snell
Melbourne, Australia
August 2009*

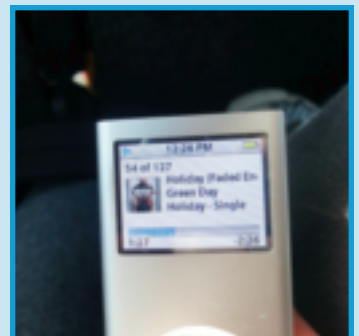
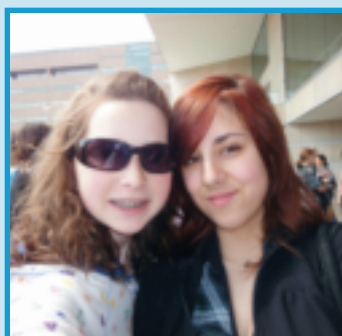
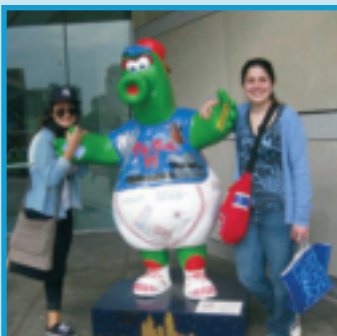


*Meagan Coleman
Sydney, Australia
July 2010*

Student Exchange

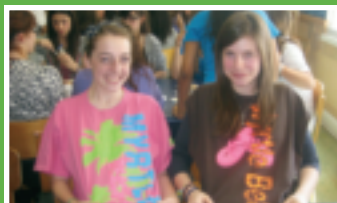
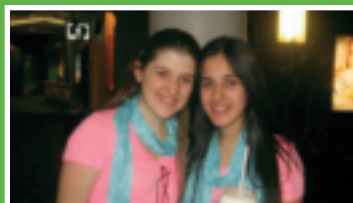
Meeting new people. Exploring new places...

Philadelphia Music Trip



SPECIAL ACTIVITIES

BBQ



AMC Twin Day

W

e Are
involved.



Clubs...



Art Club: Katherine Chamandy, Pamela Koury, Bernice Law, Eudice Law, Victoria Mili, Sarah Murphy, Vitoria Perrotta, Maria Power, Beatrice Richer LaFlèche, Hannah Ryan, Claudia Salvo, Victoria Sarker, Kylie Sura, Sarah Turcotte, Myriam Zakaib



Beginner Band: Sabrina Correia, Serena English, Karen Golfi, Sophia Koper, Dana Malowany, Claudia Massarelli, Marissa Mezzaluna, Rebecca McPherson, Jessica Rouillier, Sabrina Sharifi-Alamdary, Abigail Trevino, Katrina Vecera



Concert Band: Lisa Alinauskas, Sarah Attardo, Alison Barwick, Alexa Bedik, Sarah Botting-Provost, Kathleen Brown-Vandercruys, Gabrielle Bucaya, Sarah Camacho, Katherine Chamandy, Amanda Cordeiro, Stefanie Covello, Angela Di Benedetto, Cristina Di Censo, Elizabeth Dimitratos, Maria Loren Eberle, Nadia Floriani, Mireille Forget, Leeza Girolami, Taylor Gormley, Teresa Griffin, Joy Kalafatidis, Christina Kontaxis, Thea Koper, Elena Kratsios, Emily Kyte, Amanda Larosa, Alexia Mitchell, Bethany Mount, Jenna Novosad, Emily Perry, Emily Pimentel, Claudia Pulice, Beatrice Richer-Laflèche, Deidra Robertson-Chois, Hannah Ryan, Esme Toussaint, Georgia Tsotas, Joanna Tsotas, Natasha Vitale



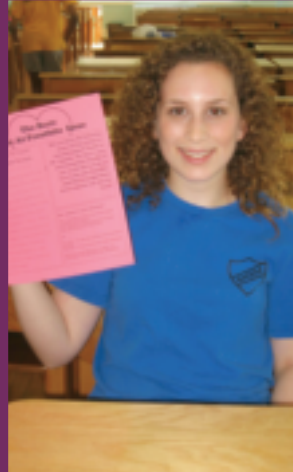
Jazz Band: Lisa Alinauskas, Sarah Attardo, Kathleen Brown-Vandercruys, Gabrielle Bucaya, Amanda Cordeiro, Stéfanie Covello, Maria Loren Eberle, Nadia Floriani, Emily Pimentel, Beatrice Richer-Laflèche, Chelsea-Ann Russo, Esme Toussaint, Georgia Tsotas, Joanna Tsotas, Natasha Vitale



Clubs...



Junior Band: Victoria Alescio, Sarah Atallah, Kaia'ti:io Barnes, Alice Brais, Gabrielle Caruso, Caroline Chamandy, Emily Dikranian, Lisa-Marie Giorgio, Leona Claudemans, Maris Jacobs, Georgia Kyres, Charlotte Le Fèvre, Vivian Luong, Kimberly Marks-Beaubrun, Sofia Massari, Kelly McCullogh, Julia Messina, Claudia Naccache, Adriana Poloni, Sara Pulice, Brigid Roberts, Stefany Sacchetti, Sara Tagliamonti, Norah Woodcock



The Beat: Victoria Perotta & Gabrielle Bucaya (editors)
Amanda Atallah, Victoria Brand, Nadia Floriani,
Despina Xanthoudakis, and a big thank you to all other contributors!
Advisor: Ms Arella



Junior Book Club: Jennifer Baratang, Honey Griffin, Lisa-Marie Giorgio, Hannah Hyde-de-Sousa, Georgette Kyres, Emma Kyte, Candice Law, Lauren Maraya-Li, Alexina McLeod, Esmè Panarello, Sara Pulice, Anthea Saviolidis, Nicole Tieman
Advisor: Ms Arella



Senior Book Club: Kathleen Brown-Vandecruys, Katherine Chamandy, Nadia Floriani, Bernice Law, Rachel Levesque, Pascale Nguyen, Cynthia Snell
Advisor: Ms Arella



Clubs...



Environment Club: Claudia Belliveau, Pauline Belliveau, Caroline Chamandy, Amanda Hindley, Caitlin Kilmartin, Cassandra Kouremenos, Amanda Marino, Gabrielle Michetti, Alexandra Snell, Cynthia Snell, Gabriella Bucaya



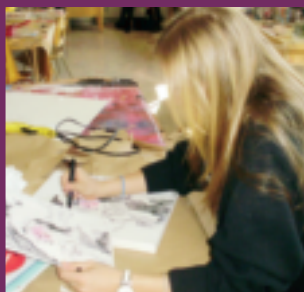
Liturgical Choir: Lisa Alinauskas, Sarah Attardo, Claudia Di Salvatore, Victoria Di Valerio, Leeza Girolami, Rajitha Iyadurai, Tatianna Kalantzis, Christina Kontaxis, Maria Kyres, Charlotte Le Fève, Elie Manousakis, Katie O'Keefe, Vanessa Paliotti, Claudia Pulice, Brigid Roberts, Rachel Rubbo, Chelsea Russo, Esme Tous-saint, Gina Tsotas, Natasha Vitale



Literary Magazine: Katherine Chamandy, Amanda Larosa, Chelsea-Ann Russo, Joanna Tsotas
Advisor: Ms. Arella



Photography Club: Kenzia Araujo, Sarah Attardo, Maya Taylor Barnett, Eleni Diacoumacos, Elisabeth Dimitriatos, Alexa Eberle, Lisa-Marie Giorgio, Hannah Hyde-deSousa, Maria Kyres, Emily Kyte, Emma Kyte, Alexina McLeod, Esmé Panarello, Despina Xanthoudakis



Clubs...



Ski Club: Stephanie D'Arienzo, Alison Barwick, Sarah Benoit, Maya Botti, Victoria Brand, Kyrstin Coughlin, Maria Eberle, Taylor Gormley, Amanda Jeanson, Charlotte Lefebvre, Rachel Levesque, Alexia McLeod, Alexia Mitchell, Andrea Moore, Claudia Naccache, Sara Pulice, Dalia Sabra, Michelle Saikali, Melissa Spatolisano, Sara Tagliamonti, Taylor Teodori, Carolyn Warnett



Vocal Ensemble: Lisa Alinauskas, Sarah Attardo, Jennifer Baratang Junio, Victoria di Valerio, Rajitha Iadurai, Tatiana Kalantzis, Cassandra Kouremenos, Natasha La Rosa, Alexandra Laurendeau, Charlotte Lefevre, Vanessa Paliotti, Kelsey-Hope Patrick, Victoria Perrotta, Claudia Pulice, Sara Pulice, Jasmine Rach, Brigid Roberts, Chelsea-Ann Russo, Anthea Saviolidis, Esme Toussaint, Sarah Turcotte

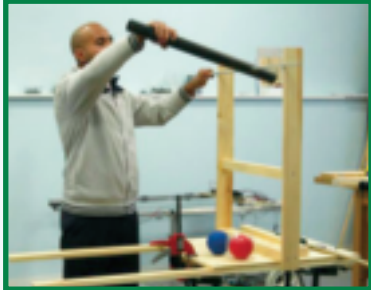


Yoga Club: Pauline Belliveau, Christina Caccese, Julia Chadwick, Gabrielle Colacci, Elizabeth Dimitratos, Thea Koper, Candice Law, Claire Messenger, Jenna Novosad, Emma Pallay, Soraya Sanchez-Dias, Joanna Tsotas, Sarah Turcotte
Advisor: Ms. Raco

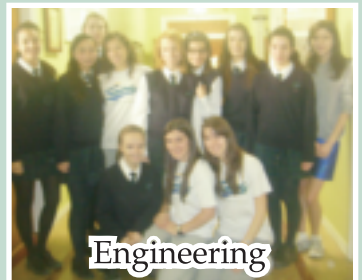


Saints on Safari

We Are always searching for adventure



SPOTLIGHT: TEAMS



The teams all worked very hard this year, and their efforts were rewarded. For the first time ever, Sacred placed fifth overall in the Robotics competition. Go Sacred!

SPORTS

Athletes



We Are Champions

SOCCER



BANTAM GMAA

Adele Brawley, Olivia Bouskill, Valeria Cori-Manocchio, Catherine D' Ambrosio, Katherine Drummond, Meagan Fett, Allyson Fontes, Giovana Giordano, Angelina Griffin, Sarah Harris-Gendron, Kayleigh Metcalfe, Amanda Marino, Catherine McDonald, Sara Pulice, Stefany Sacchetti, Larissa Serafin
Coaches: Mrs. Cardillo & Mr. Matusky



BANTAM PRIVATE SCHOOL

Lauren Beauchamp, Claudia Belliveau, Sabrina Correia, Jessica Delucilla, Serena English, Cassandra Estefanos, Sophia Koper, Dana Malowany, Claudia Masserelli, Rebecca McPherson, Maria Papadopoulos, Jessica Rouillier, Julia Skothos, Katya Zappitelli
Coach: Ms Vaupshas



MIDGET

Olivia D' Ambrosio, Laura Delucilla, Claudia Di Salvatore, Teresa Griffin, Thea Koper, Caitlin Mathews, Emma Pallay, Emily Pimentel, Marina Preziuso, Hannah Ryan, Claudia Salvo, Adrianne Silva, Angelina Smolynec, Sarah Yaremko
Coaches: Ms. Lecuyer & Mrs. Cumming



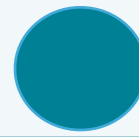
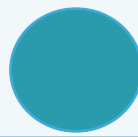
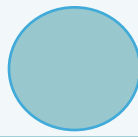
JUVENILE

Andrea Abreu-Moore, Morganna Clarke, Meagan Coleman, Kyrstin Coughlin, Sara Chanel Del Papa, Kimberley Fontes, Lauren Goforth, Amanda Jeanson, Gabreilla Michetti, Clare O'Donnell, Claudia Pulice, Michelle Saikali, Cynthia Snell, Chloe Sorella, Melissa Spatolisano, Carolyn Warnett
Coach: Mr. Gallo



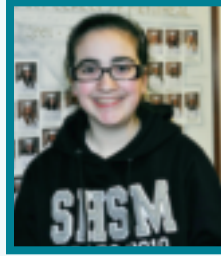
FALL SPORTS

VOLLEYBALL



BANTAM

Victoria Alescio, Kayla Cabanas, Stephanie D'Arienzo, Emily Dikranian, Lisa-Marie Giorgio, Pamela Khouri, Jessica Laurendeau, Cahrlotte LeFèvre, Kimberly Marks-Beaubrun, Julia Messina, Marissa Mezzaluna
Coach: M. Pagé



The first sport I ever tried out for at Sacred was volleyball. It was really intimidating being surrounded by girls who had more experience than me. I had never played volleyball before, but I had learned a bit by watching my older sister play. So, trying to set aside my fears of making a total fool of myself, I went to the tryout ... and I absolutely loved it. I remember having a genuinely great time. I had found a sport for me. I also learned a valuable lesson, that unless you set aside your insecurities and try new things you'll never find that one thing that completes who you are as an individual. I've been on the team ever since, and for five years I've had the time of my life. All of my teammates and my coaches have been so encouraging and understanding. I owe them so much for making my experience as a volleyball player so memorable and enjoyable.



MIDGET

Jessica Abreu-Moore, Amanda Alessi, Alexa Bedik, Sarah Botting, Cassidy Burke, Jasmina Ciccocioppo, Bernice Law, Lauren Samo, Melanie Silvapalan, Kylie Sura
Coach: Ms Erfle



JUVENILE

Aline Asfour, Alexandra Bergeron, Sarah Beretta, Elyssa Gentile, Christine Horonowitsch, Julia Martignetti, Pascale Nguyen, Stephanie Rafie, Chelsea-Ann Russo
Coaches: M. Pagé & D. Lecuyer



Soccer team results:

Bantam GMAA: made it to semi-finals

Bantam private school: made it to quarter-finals

Midget: had a good season

Juvenile: made it to semi-finals

Volleyball team results:

Bantam: made it to finals

Midget & juvenile teams had good seasons.



Alison Barwick, Liana Beyukian, Allison Coull, Kristen Di Perno, Maria Eberle, Erika Gentile, Taylor Gormley, Maris Jacobs, Carly Molinaro, Kathleen O'Keefe, Emily Perry, Béatrice Richer-Lafèche, Abigail Trevino, Luana Zappetelli
Coaches : Mmes Belfort and Talbot



Sophie Cruvellier, Amanda Hindley, Caitlin Matthew, Karen Golfi, Candice Law, Bernice Law, Sarah Murphy
Coach: Ms Erfle

Team results:
1st place in GMAA; Sophie Cruvellier: 8th in Championship



Caroline Alarcon, Alice Brais, Kathleen Brown-Vandecruys, Kyrstin Coughlin, Victoria Di Valerio, Amanda Hindley, Thea Koper, Rachel Levesque, Alexia Mitchell, Vanessa Paliotti, Brigid Roberts, Nicole Tieman, Sarah Turcotte
Coaches: Mr. Reda & Mrs. Brown



Jessica Abreu-Moore, Alison Barwick, Olivia Bouskill, Alice Brais, Victoria Brand, Adèle Brawley, Kathleen Brown-Vandecruys, Caroline Jeanson, Joy Kalafatidis, Rachel Levesque, Kelly McCullogh, Sarah Murphy, Kylie Sura, Sarah Yaremko
Coach: Ms Erfle

Results:
Many Championship qualifiers.
Kelly McCullogh --8th at Championship

BASKETBALL



BANTAM

Valeria Cori-Manocchio, Catherine D'Ambrosio, Jessica Delucilla, Allyson Fontes, Alexandra Gentile, Sophia Koper, Amanda Marino, Adrianna Mauchan, Catherine McDonald, Rebecca McPherson, Kayleigh Metcalfe, Katya Zapitelli
Coach: Ms. Lecuyer



JUVENILE 1

Kyrstin Coughlin, Kristen Di Perno, Kimberly Fontes, Lauren Goforth, Alexia Mitchell, Clare O'Donnell, Stephanie Rafie, Joanna Santos, Lauren Samo, Michelle Saikali
Coach: Ron Samo & Eric Van der Wee



JUVENILE 3

Andrea Abreu-Moore, Kathleen Brown-Vandecruys, Laura Delucilla, Sara Chanel Del Papa, Kathleen DiCaprio, Teresa Griffin, Amanda Hindley, Amanda Jeason, Deidra Robertson-Chois, Hannah Ryan, Melanie Silvapalan, Chloe Sorella, Luana Zapitelli
Coach: Ritou Maloni



HOCKEY

Krystin Coughlin, Michelle Saikali, Claudia Salvo, Katherine Drummond, Sarah Harris-Gendron, Larissa Serafin, Monica Sapala, Erica Starnino, Sophie Cruvellier, Morgana Clarke, Rachelle Valentim, Martina Valentim, Dana Malowany
Coaches: Ms Erfle & Mr. Pagé

This was our hockey team's first season ever! They played three friendly games, won and lost, but had a great time. Go team!



Basketball team results:

Bantam: almost made the playoffs
Juvenile 1: made it to quarter-finals
Juvenile 3: had a good season

Cross country running results:

Midget team: 3rd place

Juvenile team: 2nd place

Provincial qualifiers: Alison Barwick -1st,
Kristen Di Perno -6th & Beatrice Richer-
Laflèche -7th



BADMINTON

BANTAM: Claudia Beliveau, Stephanie D'Arienzo, Dominique DiCaprio, Emily Dikranian, Cassandra Estefanos, Honey Griffin, Charlotte Lefèvre, Vivian Luong, Catherine McDonald **MIDGET:** Bernice Law, Candice Law, Eudice Law, Lauren Maruya-Li, Pascale Nguyen, Stephanie Rafie, Claudia Salvo, Angelina Smolynec **JUVENILE:** Rajitha Iyadurai, Lauren Goforth, Rachel Levesque, Vanessa Paliotti, Laura Predan-Chauvin, Chelsea Russo, Michelle Saikali
Coach: Mr. Pagé



CROSS COUNTRY SKIING

BANTAM: Sarah Atallah, Caroline Chamandy, Honey Griffin, Jessica Laurendeau, Tatiana Mikus, Alicia Pinck, Sara Pulice, Athanasia Saviolidis, Abigail Trevino, Myriam Zakaib **MIDGET:** Elizabeth Bureau, Cristina Di Censo, Alexa Eberle, Mélanie Romer **JUVENILE:** Alison Barwick, Maria Eberle, Taylor Gormley, Kathleen O'Keefe, Emily Perry, Claudia Pulice, Aliyah Rahman, Vyisnavy Sabaratnam
Coaches: Mmes de Verteuil & Talbot



HALO

BANTAM: Kelly Burchell-Reyes, Maris Jacobs, Caroline Jeanson, Kimberley Marks-Beaubrun, Monica Sapala, Abigail Trevino **MIDGET:** Kathleen Brown-Vandecruys, Claudia Di Salvatore, Emmay Pallay, Kylie Sura, Sarah Turcotte **JUVENILE:** Alison Barwick, Jessica Colavincenzo, Taylor Gormley, Kristen Di Perno, Emily Perry, Soraya Sanchez-Dias, Luana Zappitelli
Coaches: Ms Cardillo & Ms Valeriano



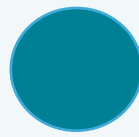
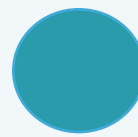
TENNIS

BANTAM: Honey Griffin, Katerina Vecera, Gabriella Caruso, Alicia Pinck, Claudia Massarelli, Jessica Roullier, Carolilne Chamandy **MIDGET:** Hannah Hyde De Sousa, Kayla Vecera, Aline Asfour, Stephanie Rafie, Teresa Griffin, Claudia Lucente, Emily Kyte **JUVENILE:** Morganna Clarke, Michelle Saikali, Kyrstin Coughlin, Melissa Spatolisano, Alison Barwick, Eleni Panaritis
Coaches: Mmes Morrisseau & de Sainte Marie



SPORTS BANQUET

TOUCH FOOTBALL



BANTAM

Olivia Bouskill, Valeria Cori-Manocchio, Catherine D'Ambrosio, Jessica Delucilla, Katherine Drummond, Allison Fontes, Alexandra Gentile, Sarah Harris-Gendron, Adrianna Mauchan, Catherine McDonald, Kayleigh Metcalfe, Stefany Sacchetti, Larissa Serafin, Julia Skothos, Rachelle Valentim, Katya Zappitelli

Coaches: Mrs. Cumming, Mr. Cumming & Mr. Reda



JUVENILE

Andrea Abreu-Moore, Alison Barwick, Kyrstin Coughlin, Eleni Diacoumicos, Kimberly Fontes, Lauren Goforth, Amanda Jeanson, Alexia Mitchell, Clare O'Donnell, Béatrice Richer-Lafèche, Dahlia Sabra, Michelle Saikali, Cynthia Snell

Coaches: Ms Erfle, Mr. Matusky & Mr. Pagé



MIDGET

Jessica Abreu-Moore, Sara-Chanel Del Papa, Laura Delucilla, Jasmina Ciccioppo, Teresa Griffin, Caitlin Mathews, Victoria Mili, Carly Molaniri, Stephanie Rafie, Hannah Ryan, Claudia Salvo, Lauren Samo, Melanie Sivapalan, Chloe Sorella, Sarah Yaremko

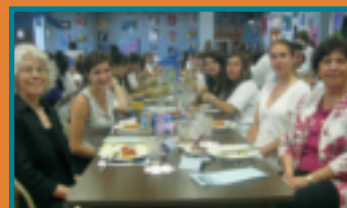
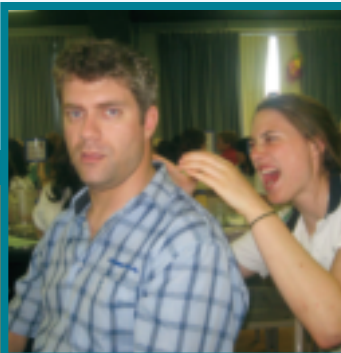
Coaches: Mr. Gallo & Ms Lecuyer



TRACK & FIELD

Andrea Abreu-Moore, Alison Barwick, Sarah Benoit, Kathleen Brown-Vandercruys, Jessica Colavincenzo, Kyrstin Coughlin, Kristen Di Perno, Claudia DiSalvatore, Serena English, Erika Gentile, Caroline Jeanson, Lauren Maruya-Li, Alexia Mitchell, Vanessa Paliotti, Victoria Sarker, Adrienne Silva, Angelina Smolyneec, Melissa Spatolisano, Michelle Yu, Nina Zampogna

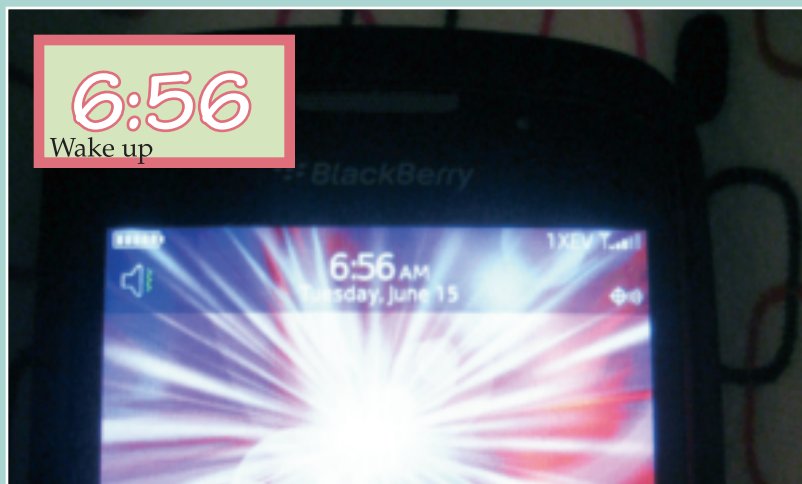
Coach: Mme Belfort



A Day in the Life of a Sacred Girl

6:56

Wake up



7:58

Cram Session



7:15

Tim's Run



9:25

Period 2



10:20

Détente



11:30

Jr. Lunch



12:25

Sr. Lunch



1:05

Go Outside



3:12

Catch Bus



3:45

Sushi Run



4:30

Catch Train



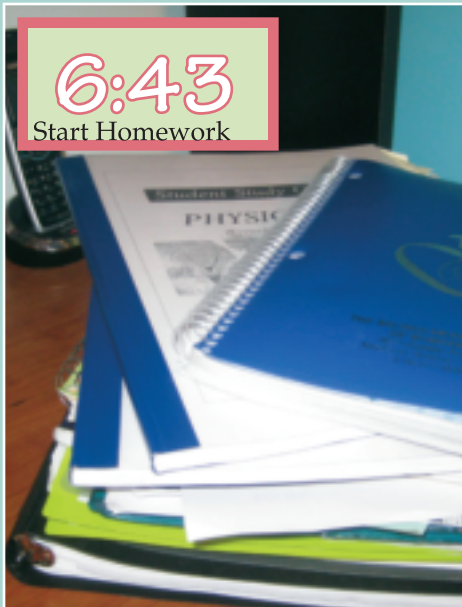
6:07

Supper



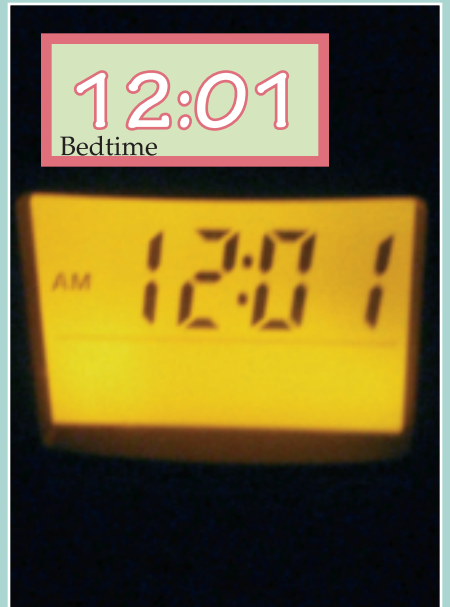
6:43

Start Homework



12:01

Bedtime





Caitlin Edmiston
ENVIRONMENT
COORDINATOR

Janice Jurek
BARAT HOUSE
HEAD

Charmaine Kierulff
DAISY HOUSE
HEAD

Sarah Brown
ENI ROSSIER
HOUSE HEAD

Helian Spachman
DUCHESS
HOUSE HEAD

Michelle Smith
GAM CO-CAPTAIN

Alison Marshall
SECRETARY/
TREASURER

Ky...
PRES.

THE SACRED HEART



Andrea Abreu-Moore

Tenna Albanese

Lisa Alinauskas

Sarah Attardo

Gabrielle Colacci

Jessica Colavincenzo

Amanda Cordeiro

Stefanie Covello

Marlena D'Ambrosio

2009



Elysa Gentile

Sharleen Gomez-Motter

Taylor Gormley

Rafitha Lydurai

Amanda Jeanson

Joy Kalafatis

Claudia Loffredo

Mario-Hélène Maris

Corina Micheletti

Jessica Munro

Clare O'Donnell

Kathleen O'Keefe

Vanessa Paliotti

Bianca Ripolo

Teresa-Maria Rossignuolo

Chelsea Russo

Vignavy Sabaratnam

Dafina Sabra

Soraya Sanchez-Dias

Jessica Santillo



STUDENT

VICE-PRESIDENT

GA CO-CAPTAIN

BARDEY HOUSE HEAD

SREEDON HOUSE HEAD

STUART HOUSE HEAD

TRINZANO HOUSE HEAD

MEMORY BOOK EDITOR-IN-CHIEF

SCHOOL OF MONTREAL

-2010



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Victoria Di Valerio



Genovese Di Pasquale



Maria Loren Eberle



Tafianna Kalantzis



Christina Kontaxis



Maria Kyros



Natasha La Rosa



Alexandra Laurendeau



Vanessa Liakopoulos



Eleni Panaritis



Kelsey Hope Patrick



Emily Perry



Laura Prodan-Chamion



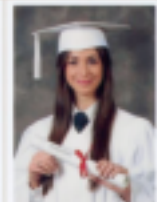
Claudia Pulice



Aliyah Rahman



Melina Randisi



Alexandra Snell



Taylor Teodorici



Mario-Christine Tiramani



Emé Toussaint



Natasha Vitale

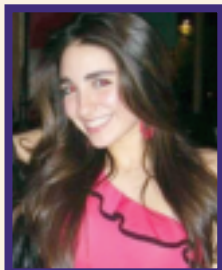


Carolyn Warner



Luana Zappitelli

Sharleen Motter



We are so proud of you, and all that you have accomplished. May all your dreams come true.

Katie O' Keefe



Congratulations Katie! We are so proud of you and your many wonderful accomplishments. We wish you much success and happiness in your next adventure at Dawson College. Aim high for the sky is yours! All our love, Mom and Dad xxxx

Natasha LaRosa



Congratulations on a job well done. We have been, and always will be, behind you 100%. Five years have come and gone, but your journey has just begun. We are so proud of you! Love always, Mom, Dad, Bobby, Justin & Samantha.



Sara Torre
Controller

5967, rue Jean Talon est, Suite 304
Montreal, Québec H1S 1M5

Jack Arduini, Eng.
Director
Tel : (514) 253-4406
Fax : (514) 253-7858



Steve Munro
Danielle Narbonne

M

5685, Laurendeau
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Fax : 514-769-5338
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Congratulations
to the

Class of 2010

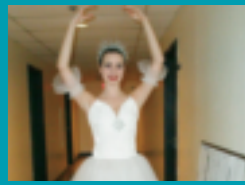


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Salvatore Russo

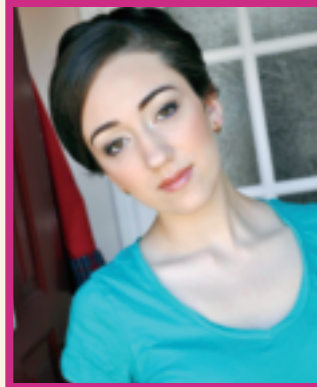
Caitlin Kilmartin



We are so proud of all your accomplishments over the past five years. You have worked so hard, and achieved so much in those years. We know that no matter what you do in life, you will have success. You are a wonderful daughter, student and dancer, and we couldn't be more proud! We wish you success as you enter a whole new chapter in your life.

Mama, Dada , Keira & Meaghan

Pauline Belliveau



Wow, it's 2010 and you're on your way. You have a strong foundation and it is up to you now to build on it to achieve your dreams. We love you and will always be there for you!

Love Mamma, Papa, Janet, Claudia e Nonna.

Jessica Munro



Jess, nous sommes très fiers de toi. Tu es notre rayon de soleil et tu nous rends la vie facile. Merci! Maintenant tu es devenue une jeune femme distinguée et épanouie. Nous te souhaitons que tous tes rêves se réalisent et plus encore, tu dois viser haut Jess, et tu y arriveras. Bientôt tu franchiras une nouvelle étape et nous te souhaitons "Bonne Chance" à Marianopolis. La vie te réserve de belles choses. Profites-en. On t'aime.

Maman, Dad, Grand-Maman et Grand-Papa xoxo...

Cassandra Kouremenos



Ya done Park Ex proud!

RESPECT

Luv Momma and Dadda

WORD OUT!

Congratulations to the Graduating Class of 2010



From the Parents' Guild

Congratulations to the Graduating Class of 2010

"If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

Michael Jordan

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**Ronald J. Samo SVP & CFO
& Saints Division 1 Juvenile
Basketball Coach**

To the 149th Graduating Class

As you leave here, you now enter a new
phase of your life with Sacred Heart
--as our most recent alumnae.

The Alumnae Association of
The Sacred Heart School of Montreal
offers you
our heartfelt support and best wishes
for success in all your future endeavours.

Congratulations!

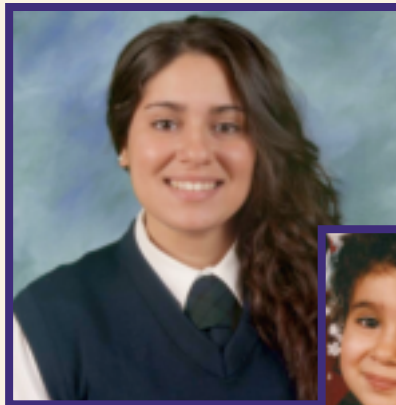
Alexia Mitchell



You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. Your future's so bright you gotta wear shades!

Maman, Papa, C-D, William and Naomi

Amanda Cordiero



Amanda, your future lies in your ability to dream. For what you dream, you can create, and what you create, you can become. Seek happiness, love and beautiful things. Congratulations on all your accomplishments. We are very proud of who you are, and what you are becoming.

Love, Mom, Dad and Emanuel

Borden Ladner Gervais
is proud to support
the graduating class of
The Sacred Heart School
of Montreal.

John Murphy
Managing Partner, Montreal Office
jmurphy@blgcanada.com



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And so we say goodbye...



